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metro



Wednesday, September 7, 2011
www.metronews.ca



News worth sharing.



DALTON McGUINTY

Premier of Ontario

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With Premier Dalton McGuinty's strong, steady leadership in uncertain times, it's amazing what we've achieved together. But we have to keep getting stronger.

More Jobs & Growth

Ontario created more jobs in June than the rest of Canada and the United States combined

StatsCan and the U.S. Bureau of Labor Statistics, 2011

- **Creating 50,000 new jobs in clean energy**—a North American leader
- **#1 Auto Manufacturer in North America**—supporting 400,000 jobs and families
- **Cutting taxes in half for small businesses** to create more jobs
- **And now—30% tuition grant** to help our children get the education needed for the best jobs

CREATING 600,000 MORE JOBS



Source: Prof. Jack Mintz, "Ontario's Bold Move to Create Jobs and Growth," 2009

Forward. Together.
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ONTARIO SCHOOLS:
best in the English-speaking world

see reverse to
find out more



SURGICAL WAIT TIMES:
from longest to shortest

see reverse to
find out more



Best Education for Our Children

- › 50,000 kids in North America's first full-day kindergarten, growing to 250,000 by 2014
- › Doubling the Children's Activity Tax Credit to keep our kids active and healthy
- › Training even better teachers with double the practical, hands-on experience
- › 60,000 new spaces in our colleges & universities on top of the 200,000 new spaces already created

"I have travelled the world looking at top performing education systems, and the education gains I have seen in Ontario are astounding."

ANDREAS SCHLEICHER,
Organisation for Economic Co-operation and Development, 2011

ONTARIO SCHOOLS **BEST** IN ENGLISH- SPEAKING WORLD

Source: McKinsey & Co., November 2010



Best Health Care

From longest to shortest surgical wait times in Canada

- › Over 1 million more Ontarians now have a family doctor
- › Shorter emergency room wait times
- › Bringing back doctors' house calls for our seniors and most vulnerable
- › Healthy Home Renovation Tax Credit to help seniors stay in their homes longer

"The commitment of the McGuinty government to addressing the issues of prolonged ER wait times has been nothing if not impressive...This is leadership."

DR. ALAN DRUMMOND,
Canadian Association of Emergency Physicians,
August 26, 2010

SHORTEST SURGICAL WAIT TIMES IN CANADA

CATARACT

WAIT TIME
DECREASED BY **193** DAYS



HIP REPLACEMENT

WAIT TIME
DECREASED BY **170** DAYS

KNEE REPLACEMENT
WAIT TIME
DECREASED BY **245** DAYS

Source: Ministry of Health and Canadian Institute for Health Information, March 2011

"These are uncertain times for the global economy. These are challenging times for our families. This is our plan to help. This is our way forward, together." **PREMIER DALTON McGUINTY**



Forward. Together. ➤

Text DALTON to 70734

PremierMcGuinty @Dalton_McGuinty

www.theOntarioWay.ca





FROSH GUIDE
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LIFE {pages 23-37}

DOWNSIZING?

SINGER WEIGHING BREAST-REDUCTION SURGERY {page 16}



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News worth
sharing.



Fire. Probe

► Ottawa firefighters battle a blaze Monday night that would ultimately destroy a new home at 719 Eaglecrest Heights — a house that was almost ready for a couple to move into.

MIKE CARROCCETTO/FOR METRO

Officials investigate fire in west end

Investigators are looking into the cause of the second fire in four days to hit the city's west end. A fire on Friday at a new, unoccupied home on Loreka Court has been ruled an arson, according to Ottawa Fire Services spokesman Marc Messier. The latest fire at Eaglecrest Heights is geographically close to Loreka, but as of yet there is no evidence linking the two incidents, Messier said.

Route changes raise ire

► Mother considers buying car because her college commute time doubled after tweaks



JOE LOFARO
@METRONEWS.CA

“Literally all they did was cut routes to save money and they made every other route longer to accommodate what they cut for no reason,” said the 23-year-old. “They tried to fix something that wasn’t broken.”

Valiquette is considering writing a letter to OC Transpo to express her frustration, but is skeptical her concerns will be heard. But Diane Deans, the city’s transit commission chair, wants OC Transpo users to do just that.

“Please contact us if you have questions,” said Deans at a press conference yesterday. “We can only help you if you make us aware of the challenges that you have.”



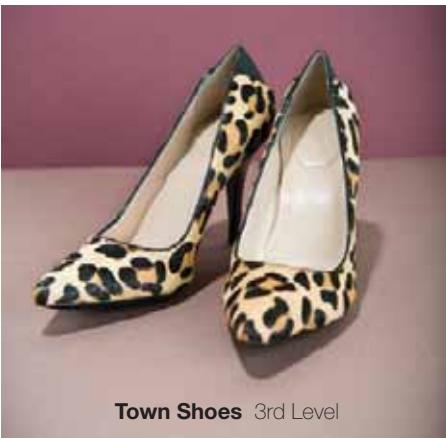
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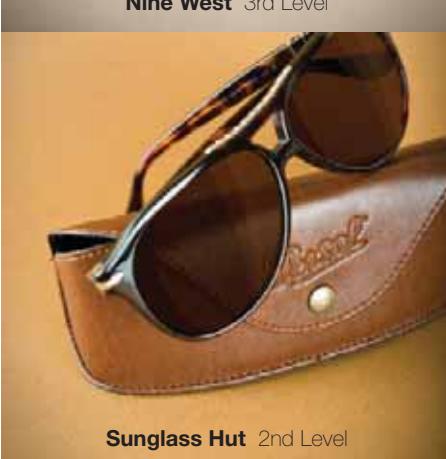
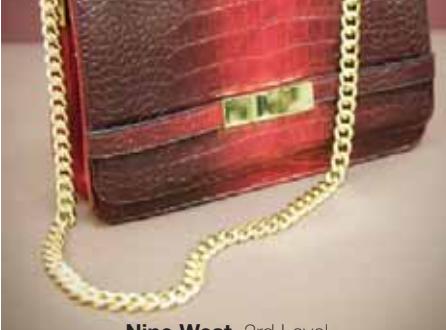
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Strike delays OSAP: Students

 JOE LOFARO
@METRONEWS.CA

Some students had a rough first day at Algonquin College yesterday because they were told that they would have to wait longer to receive their OSAP cheques, due to the strike of support staff.

"The OSAP funds have been delayed, and it's not

released, and on top of that we have to wait a long time, and no one can help you out," said Mahlet Ayele, a first-year business accounting student.

Ayele said when she asked a staff member at the registrar's office she was told she couldn't be helped, due to the strike. Other students told Metro they were told the same thing about

OSAP delays.

The college's executive director of advancement, Doug Wotherspoon, said that delays would happen if students submitted their applications late.

"There are no delays in handing out OSAP funds. There are delays in the (lineups)," he said. "Whatever OSAP has processed, we hand out."



Tweet for free speech

► Liberal party claims it did not tell school who should attend event

 JESSICA SMITH
@METRONEWS.CA

A tweet about six students walking out of a photo-op with Premier Dalton McGuinty ignited a row over free speech yesterday.

McGuinty was at Markville Secondary School where he met students in the robotics program.

TVO host Steve Paikin, who was covering the event, tweeted that a teacher told students "if you're anti-Liberal, you can leave." Six students walked out. Paikin then tweeted that the teacher called those students "anarchists."

He later clarified, saying the teacher wasn't targeting Conservatives and actually said, "If you're anti-Liberal and you don't think you can control your

"Freedom of speech and freedom of expression are the cornerstones of our democratic system and those values should be promoted in our schools."

PC MEDIA RELEASE

urge to heckle, you can leave."

The Progressive Conservative campaign sent out a media release stating, "Dalton McGuinty must answer for whether his campaign tour team pressured the teacher to take this action as part of his tightly scripted campaign event."

The school was not available to comment.

Plugged. In



First behind the electric wheel

The city bought the 2012 Chevrolet Volt to reduce carbon emissions and save on fuel costs, Mayor Jim Watson said. "I am very proud to announce that the City of Ottawa will be one of the first municipalities in the country to use an electric car," he said.

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news



For more local news, scan the code.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca/ottawa

A quartet of Winnipeg Jets players model the newest NHL team's just-unveiled threads. Video at metronews.ca

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Putting a shine on the streets

Yesterday was Shinerama day for Ottawa university and college students. The annual fundraiser raises money for cystic fibrosis research.

The price of fighting city hall

► New policy will seek to win back costs from suits against the city



JESSICA
SMITH
@METRONEWS.CA

Take the city to court and you might have to foot some of the city's legal bills if you lose.

The city's finance and economic development committee decided yesterday to ask council to repeal a policy of not seeking costs when defending public-interest lawsuits.

The policy came under

fire after it stopped the city from trying to recoup part of the \$1.25 million it spent fighting the Friends of Lansdowne legal challenge to the Lansdowne Park redevelopment project.

But the committee's recommendation isn't sitting well with some.

"Nobody's going to fight city hall if they think we're going to take their house," said Coun. Diane Deans — the only committee mem-

ber to vote against the change.

Deans and members of the public — including the Friends of Lansdowne — told the committee the change would deter some from going to court to fight for issues they believe in.

Groups can usually shield members from personal liability for court costs by incorporating before going to court, and judges often don't order citizen groups to pay high

costs in public-interest cases, said City Solicitor Rick O'Connor.

Mayor Jim Watson, who chairs the committee, said city council can still use its discretion on whether or not to ask a judge for court costs from public-interest groups.

"The policy we have right now boxes the city of Ottawa into a corner and boxes the taxpayers of Ottawa into a corner," Watson said.

An Important Notice Regarding Your Personal Health Information

This notice is being issued to help people with diabetes or at risk of having diabetes decide whether or not they want to consent to having their personal health information shared in the Diabetes Registry and the Diabetes Testing Report.

The Ministry of Health and Long-Term Care (MOHLTC) is working to help individuals better manage their diabetes and their diabetes care. As part of this effort, eHealth Ontario is creating and will be operating a Diabetes Registry to give health care providers the ability to easily check patient records, access diagnostic information, receive patient alerts, and track the care a patient with diabetes receives. The implementation of the Diabetes Registry is a first step towards achieving a province-wide Electronic Health Record for eligible Ontarians.

The MOHLTC currently uses the paper-based Diabetes Testing Report to keep your primary care provider (physician or nurse practitioner in a Nurse Practitioner-Led Clinic) informed of when you last had the following three key tests that people living with diabetes should receive on a regular basis:

- the HbA1C blood glucose control test, which patients should receive at least every six months
- the LDL-C cholesterol test, which patients should receive approximately every year
- a retinal eye exam, which patients should receive at least every two years

In order to create the Diabetes Testing Report, your primary care provider shares personal health information, including your name, OHIP number, and date of birth with the MOHLTC. He or she will also confirm whether you have diabetes. In response, the MOHLTC will share the most recent date for each of the three key tests with your primary care provider.

Starting in Fall 2011, eHealth Ontario will begin operating the Diabetes Registry and other Electronic Health Record applications to permit health care providers to access your name, OHIP number, date of birth, and clinical information such as procedure dates and test results, in real time, when they are providing you with health care. The MOHLTC will continue to send Diabetes Testing Reports to primary care providers until they transition to the Diabetes Registry.

Protecting Your Privacy

The MOHLTC will share your personal health information through eHealth Ontario and the Diabetes Registry with health care providers when they are providing you with health care. The collection, use, and disclosure of your personal health information by the MOHLTC and health care providers, are subject to the *Personal Health Information Protection Act, 2004* (PHIPA). eHealth Ontario is also subject to PHIPA.

Your privacy is important. You may decide that you do not want your primary care provider to disclose your name, OHIP number, and date of birth, and confirm that you are a patient with diabetes, to the MOHLTC, and that you do not want the MOHLTC to include the dates of your last HbA1C, LDL-C, and retinal eye exam in your provider's Diabetes Testing Reports.

You may also withhold or withdraw your consent so that your personal health information will not be shared with health care providers through the Diabetes Registry without your express consent.

If you do not want your personal health information shared through the Diabetes Registry and/or the Diabetes Testing Report, this will in no way affect your relationship with your health care providers, who will continue to provide health care to you.

If you previously withheld or withdrew your consent from having your personal health information included in Diabetes Testing Reports, your consent will also be withdrawn from the Diabetes Registry. However, if you previously withheld or withdrew your consent from the Diabetes Testing Report, but would like your information to be accessible by health care providers through the Diabetes Registry, you will need to reinstate your consent by following the instructions set out below.

Deciding Not to Share Your Information

If you wish to withhold or withdraw your consent to having your information disclosed between your primary care provider and the MOHLTC for Diabetes Testing Reports and/or if you wish to withhold or withdraw your consent to having your personal health information accessed by health care providers through the Diabetes Registry, you may call **1-800-291-1405** (TTY: **1-800-387-5559**).

If you have previously withheld or withdrawn your consent to have your information included on the Diabetes Testing Report and you do not want to participate in the Diabetes Testing Report or the Diabetes Registry, you do not need to withhold or withdraw your consent again.

If you have previously withheld or withdrawn your consent and wish to reinstate your consent to participate in the Diabetes Testing Report and/or the Diabetes Registry, you can do so by calling the number above.

More information about diabetes and the Diabetes Registry can be found at www.ontario.ca/diabetes.

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FORCED EVACUATION

Quake kills three in Indonesia

A powerful earthquake jolted western Indonesia early yesterday, killing three people, damaging buildings and sending panicked residents fleeing from homes, hotels and even a hospital.

The magnitude-6.6 quake hit about 1 a.m., waking people in towns and villages across Sumatra.

stra island's northern tip. It was centred 100 kilometres southwest of the city of Medan and 110 kilometres beneath the earth's crust, according to the U.S. Geological Survey. It was too far inland to generate a tsunami.

Boby Sigit, of the National Disaster Management, said a 12-year-old boy and a 60-year-old man were killed in Aceh, while a 26-year-old mother died in North Sumatra's district of Dairi.

THE ASSOCIATED PRESS

U.S. civilian strangled in Afghanistan

An American civilian working with the U.S. Army Corps of Engineers has been strangled to death in Afghanistan, officials and family members said yesterday. No further details were released.

THE ASSOCIATED PRESS

Hearing postponed

A judge has rescheduled a preliminary hearing for a white teenager accused of using his truck to intentionally run over a middle-aged black man. Deryl Dedmon is charged with capital murder and robbery in the death of James Craig Anderson.

THE ASSOCIATED PRESS

Yugoslav army chief convicted

PETER DEJONG/POOL/THE ASSOCIATED PRESS



► Momcilo Perisic

The Yugoslav War Crimes Tribunal sentenced the former chief of the Yugoslav army to 27 years in prison yesterday for providing crucial military aid to Bosnian Serb forces responsible for the Srebrenica massacre and for a deadly four-year campaign of shelling and sniping in Sarajevo. The case against general Momcilo Perisic was the first time the UN court convicted a civilian or military officer from Yugoslavia of war crimes in Bosnia.

THE ASSOCIATED PRESS



► Motor Maids Ann Savoy MacKelvie, Denise Peltine and Elizabeth Pass are heading to New York this w...

PHOTO: SIMON LUNN

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9-11 riders represent Halifax

► Thousand of motorcyclists have signed up for the 9-11 Tribute Rally



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METRO CANADA IN HALIFAX

"This was
something that
changed the world.
It changed our
perception of so
many things. I
don't think
anybody is
unaffected by it..."

ANN SAVOY MACKELVIE

The roar of over 5,000 motorcycles won't be able to drown out the memories of the Twin Towers collapsing into dust.

But three motorcyclists from Halifax will be there on the 10th anniversary of the 9-11 attacks to represent a city that helped out so generously that day.

Denise Peltine, Ann Savoy MacKelvie and Elizabeth Pass are HRM residents and members of Motor Maids, a women's-only motorcycling club that dates back to 1940. Their club was asked to escort members of International Associations of Firefighters Motorcycle Group from Ontario.

"The Americans recognize Canada as a real sister, a support in what happened," said MacKelvie.

Newburgh, N.Y., to Ground Zero on the 10th anniversary of the attacks on Sunday.

In total, 12 Canadian Motor Maids will participate in the rally: three from Nova Scotia, two from New Brunswick and seven from Ontario.

RYAN TAPLIN/METRO HALIFAX



Week to take part in a 9-11 tribute rally.

CARSTEN FLECK/CONTRIBUTED



A day captured through a lens

JEREMY NOLAIIS
IN CALGARY

Hell rained down all around him on 9-11, but what Lyle Owerko remembers most 10 years after that fateful day is the blue sky.

"It just was truly exceptional," he told Metro. "Unfortunately, it provided a beautiful backdrop for something so horrible."

The University of Calgary graduate and longtime local resident had just returned from a photo excursion in Africa. Jet-lagged, his bag of gear was still packed when the first plane struck the World Trade Center just blocks from his apartment in New York's Tribeca neighbourhood.

"I reacted immediately to the sound," he said.

Owerko raced outside and was alerted to the smoking crash site near the top of the North Tower. He raced to the scene, loading film along the way.

"The tragedy really started unfolding," he said.

Fiery debris and chaos littered the street, and desperate people began leaping to their deaths from the upper floors.

Owerko actually caught some of the individuals on film as they fell, but it was an image he took just moments later that would launch his work into the spotlight.

A second plane roared into Lower Manhattan on a collision course with the South Tower. Owerko pointed his camera towards the top of the tower, fired, and caught the exact moment of impact. "I knew I had something, I didn't know it was the apex," he said.

The historic photo would appear on the cover of Time magazine the next day and go on to receive critical acclaim from presidents, world-famous photographers and many others.

9/11 coverage

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News in brief

Nine shot at IHOP restaurant

NEVADA. A man with a rifle shot an entire group of five uniformed U.S. National Guard members eating breakfast at a Nevada IHOP restaurant yesterday, killing two of them and another person in a hail of gunfire, authorities and witnesses said.

The suspect also shot himself and later died at a hospital. Six people were wounded in the attack.

THE ASSOCIATED PRESS

Hostage drama ends without injuries

AUSTRALIA. A man who marched into a law office in Sydney, Australia, with his daughter and said he



► A child believed to be a hostage.

had a bomb in his backpack was taken into custody yesterday after a tense, 12-hour standoff with police.

The man's 12-year-old daughter was released and reunited with her family, New South Wales police said. She was distressed but otherwise unharmed, police said.

A police tactical team forced its way into the office after negotiations with the man began to crumble, Clifford said.

"Police have taken action to break into the premises and take a 52-year-old man into custody," Clifford said.

Customs official Harouna Ide told AP that Mansour Dao, Gadhafi's security chief, was at the head of the first convoy.

THE ASSOCIATED PRESS

Gadhafi chiefs flee to Niger

ALEXANDRE MENEGHINI/ASSOCIATED PRESS

► Convoy may include Gadhafi family members

Armed loyalists of Moammar Gadhafi, including top brass, crossed in convoys from Libya into neighbouring Niger yesterday, with the toppled Libyan leader's own security chief at the head of one of the columns as it rolled into the capital of this desert nation, officials said.

U.S. officials in Washington told The Associated Press that senior Libyan military defectors were travelling in one of the convoys. The officials spoke on condition of anonymity to discuss private exchanges between the U.S. and Niger.

Customs official Harouna Ide told AP that Mansour Dao, Gadhafi's security chief, was at the head of the first convoy.



► Rebel fighters celebrate yesterday at a checkpoint between Tarhouna and Bani Walid, Libya.

He said other Libyan convoys were south of Agadez in central Niger, a desert country that borders Libya and where Gadhafi has the support of many Tuareg tribal fighters.

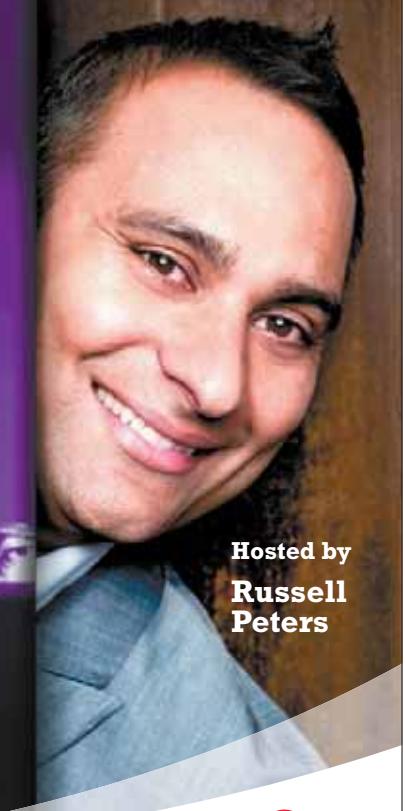
It wasn't clear if Gadhafi family members were in the convoys but al-Arabiya television quoted Niger's foreign minister, Bazoum Mohamed, as saying Gadhafi himself was

not present.

Gadhafi, who ruled Libya for more than 40 years, has been on the run since losing control of his capital, Tripoli, last month. THE ASSOCIATED PRESS

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Most U.K. rioters had records: Mayor

Three-quarters of those arrested in Britain's riots last month had criminal records, London's mayor said yesterday, blaming the U.K.'s criminal justice system for failing to turn offenders away from crime.

"What was going to make you more likely to riot? It was previous contact with the police, and that's the problem that we need to tackle," Mayor Boris Johnson told the

House of Commons home affairs committee.

The four days of intense rioting, triggered by a fatal police shooting Aug. 4 in north London's Tottenham neighbourhood, were the worst civil disturbances to hit Britain since the 1980s.

Five people were killed and scores of stores were looted and buildings burned in several cities, including London and Birmingham.



► Metropolitan police officers arrest a man suspected of involvement in the riots after carrying out a raid on a property on the Churchill Gardens estate on August 11.

Tim Godwin, the acting head of the Metropolitan police, said police initially focused on known offenders including gang members. As more suspects are arrested, he said the proportion of those with criminal records may decrease.

He added it was "absolutely essential" to analyze the type of previous offences committed by rioters.

THE ASSOCIATED PRESS

Known to police

► According to London's mayor, Boris Johnson, three out of four rioters had a criminal record, and a full 83 per cent of those arrested have had previous contact with police.

► More than 1,500 people were arrested during the riots. About 22 per cent of them were aged 10 to 17, and 91 per cent were male.

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Starbucks tripling China coffee shops

- Chain eyeing emerging economies to boost sales
- Global revenue now 23% of overall business

Starbucks Corp., the world's largest coffee chain, plans to triple the number of its coffee shops in China during the next four years, an executive said yesterday.

Starbucks aims to operate 1,500 outlets in China by 2015 from a current 470, the company's Asia Pacific president, Jinlong Wang, said. Starbucks also expects

55

Starbucks has 17,000 stores in 55 countries.

to open 700 coffee shops in South Korea by 2016, up from 370 now, Wang said.

"The coffee industry in China has huge potential.

China has 5,000 years as a tea-drinking country, but we've created a new coffee culture," he said.

Starbucks reported overall sales of \$2.93 billion US last year. Wang said sales in Asia have remained robust in recent months despite a slowing global economy.

Since opening its first store in China in 1999, Starbucks has spread to 42 cities, including 10 new ones this year. Starbucks is preparing to open its first outlets in India next year and in Vietnam in 2013.

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Oil	Natural gas
	1,000 cu ft \$3.938 US (+ 6.6¢)
- 43¢ (\$86.02 US)	Gold contract \$1,873.30 US (- \$3.60)

Iain Grant, managing director of market research

and technology firm SeaBoard Group, said Rogers could be positioning itself to become a leader in mobile money transfers. That would enable Canadians to store credit in their cellphones, which could be used to make payments and money transfers.

"The next big thing in mobile is money transfer," Grant said, "whether that's me paying for a subway pass or a parking meter, or me sending you money or me sending money back home. Money transfer is where the cellphone companies stand to make their next trillion dollars."

THE CANADIAN PRESS

RIM 'broken,' investor says

Research In Motion should consider putting itself up for sale or spinning off its patent portfolio into a separate company, a shareholder says. Vic Alboini, CEO of Jaguar Financial Corp., says RIM's BlackBerry smartphone has lost ground to rival technology companies in the consumer market. "The company is broken and it has to be fixed," he said. THE CANADIAN PRESS

Well-being at risk: Study

Canadians are better off than they were 30 years ago, but rising health-care costs are slowing them down, a study suggests. The Centre for Living Standards says there has been a dramatic increase in per-capita consumption and wealth in Canada since 1981, but that is being eroded by declines in economic equality and security. THE CANADIAN PRESS

Bank to rule on rates

Mark Carney, governor of the Bank of Canada, will make an announcement on interest rates today at a time when global financial conditions have deteriorated and the Canadian economy showed a contraction in second-quarter GDP instead of an expected 1.5 per cent growth. It is widely expected Carney will leave rates on hold at one per cent until at least next year.

THE CANADIAN PRESS

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THE KIDS ARE ALL RIGHT

JUST SAYIN' ...

PAUL SULLIVAN
METRO



As you wave goodbye to the kids today, staggering under the weight of their 30-pound backpacks stuffed with textbooks, iPads/iPhones/iPods, healthy lunches (which they'll pitch as soon as you're not looking and head for the nearest cheeseburger), gym clothes (which are clean for at least one day this year), and various waiver forms, consider the investment that's climbing out of the SUV.

According to the usually reliable sources, it costs roughly a quarter of a million bucks to raise a child, and you really can't expect too much help from Hillary Clinton's legendary village. The good news is that you get to spread the costs over 20 years, so the annual touch is only about \$12,500.

Your alcohol budget is probably higher than that, especially throughout the teen years.

"Remember that it's tough being a kid in 2011. There are simply too many role models, all of them Justin Bieber and Selena Gomez. The pressure to be cool starts in kindergarten, where you have to make sure you don't wet your pants and you have to be constantly on the alert to make sure no one swipes Teddy."

The pressure to be cool starts in kindergarten, where you have to make sure you don't wet your pants and you have to be constantly on the alert to make sure no one swipes Teddy.

Meanwhile, the real competition is hidden in the library (where's that?) where they are already studying 24-7 and have nearly filled all the pre-med slots for the Class of 2024. It's a jungle out there, and unless your kid's a cheetah, he/she can expect to spend the next 12 years at the bottom of the food chain, no matter how much you love them.

So, a quarter of a million bucks may seem like a lot of money to turn out a clerk typist 4 or a travel agent, but they will be the best, most intelligent, beautiful middle managers ever raised. And they're worth every penny. And all the love you've got, which is enough.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

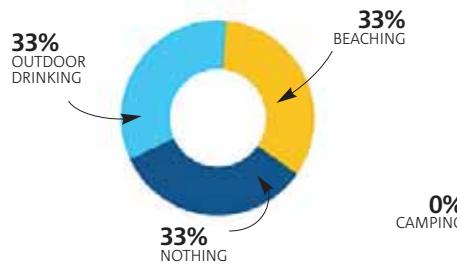


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What are you going to miss most about summer?



Local tweets

- **@britl:** In #yeg, a radio station lets you "win a wife." In #yow, it's "win a baby" - which is worse? cot.ag/qHnMFI
- **@MartinBerthelot:** Some of the best #graffiti in #Ottawa is on a cube van at King Edward and St Patrick. yfrog.com/nznmfxmj yfrog.com/mg6fzj
- **@therealjwang:** I miss being in Halifax this time of year, but it does feel good to be in Ottawa starting my graduate program!
- **@ApresWheeler:** @ACTAd-

Worth Mentioning

Of course, expenses vary depending on your specific circumstances. A teenage girl, for example, needs her OWN bathroom and her OWN bedroom, preferably with a swinging hinge on the door so when she slams it with a dramatic flourish while declaring how much she totally hates you, the ceiling won't fall in.

A teenage boy will sleep anywhere as long as it's in front of an Xbox 360.

Generally, the older a kid gets, the sloppier he or she looks and the more it costs to get the look. Prior to turning 11, kids look like their parents' idea of what a kid should look like, all pressed and brushed and scrubbed and sensible. After 11, they look as if they were outfitted by Puff Diddy.

Remember that it's tough being a kid in 2011. There are simply too many role models, all of them Justin Bieber and Selena Gomez.

With a booming national economy, a growing middle class and a relatively young population — 36 per cent are between the ages of 15 and 40 — Indonesia provides a near-bottomless market for consumer industries.

Yet the film world has managed to escape many of the reforms that resulted in the dismantling of monopolies following the collapse in 1998 of the 32-year dictatorship of Suharto, who placed control of entire sectors in the hands of family and trusted friends.

As long as Group 21 maintains a firm grip on all film imports and most screens in theatres nationwide, cinema lovers will have little to cheer about, said Raam Punjabi, a prominent producer and outspoken critic of the movie industry. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder

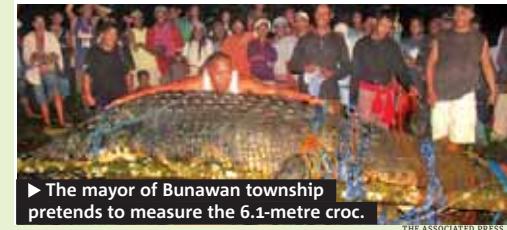
THEY CAN TAKE MY FREEDOM, BUT THEY CAN'T TAKE MY DIGNITY.



WEIRD NEWS

What a croc!

Its mighty snout wrapped tightly with ropes, a one-tonne, 6.1-metre saltwater crocodile was captured and put on display in a town in the southern Philippines — one of the biggest such reptiles to be caught in recent years.



► The mayor of Bunawan township pretends to measure the 6.1-metre croc.

"Lolong," as it has been nicknamed, is about to become the star attraction of an ecotourism park — unless it's upstaged by an even larger reptile that may be still be on the loose.

Residents of Bunawan township celebrated when they captured the croc, with about 100 people pulling the feared beast from a creek by rope, then hoisting it by crane onto a truck. While

the beast was safely tied up, they examined its teeth, claws and stubby legs with fascination.

The scaly skinned Lolong — which tips the scales at 1,075 kilograms — is estimated to be at least 50 years old.

THE ASSOCIATED PRESS

Chasing stardom

- Lead actors in *Bucky Larson: Born to Be a Star* share their love of one another with Metro
- Adam Sandler pits the pair against each other as he brings porn comedy to the big screen

 **NED EHRBAR**
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Bucky Larson: Born to Be a Star puts a wide-eyed pornography newcomer (co-writer and star Nick Swardson) at odds with a more established adult film performer (Stephen Dorff) in this Adam Sandler comedy.

The pair left any sense of animosity on the screen, though, if Metro's love-fest of a chat with the pair is any indication.

Nick, I take it this is an auto-biographical film for you?

Nick Swardson: It's a documentary. We're very excited. They followed me around for my beginning (laughs). No, it's awesome.

It's an idea that (Adam) Sandler had. He told me, 'You play a kid who finds out his parents used to be porn stars,' and it's such an awesome concept because you do think, 'What if I found a porno from the '60s or '70s that my parents were starring in? What would my reaction be?' And this kid's reaction



► Metro speaks to the stars of *Bucky Larson: Born to be a Star*.

is like, 'Oh my gosh, that's my calling.'

A lot of other comics have pegged you as the one to watch over the last couple of years.

Nick Swardson: Oh, that's very cool. Who said that, my mom?

Mostly your mom, yeah.

Stephen Dorff: And your grandma.

How does it feel to have that kind of momentum building up? Not to put any pressure

on you.

Nick Swardson: No, it's cool, man. I've been doing comedy for 16 years, so it's not, like, jarring. It's not an overnight thing where I'm like, 'Ah! How do I deal?' You know, I've had so many parts in Sandler's stuff, *Blades of Glory*, *Reno 911*. So it's been like a nice build. I just feel like it's really the perfect time. I don't feel any pressure or anything, and I'm really enjoying it. You know, I get

to do a movie like this where I get to work with people like Stephen, who's an amazing actor.

Stephen Dorff: Thanks, buddy.

Nick Swardson: Yeah, buddy. I love you.

We saw you last in *Somewhere, playing a movie star, and now you're playing a porn star in the other. Do you approach the characters the same way?*

Stephen Dorff: A little dif-

ferent, a little different. This one had bad jeans, a little more *Granada Hills* thrown in there, some *Affliction* T-shirts, some Brett Michaels influence.

Nick Swardson: You had a bigger penis in Somewhere.

You had to decrease it for this role. In Somewhere, he had the three-foot penis, going down to his knees. In this one they were like, you've got to dial that back.

2
scene

Retiring



Regis Philbin says he'll retire from his talk show on November 18. The veteran TV personality made it official on Tuesday.

THE ASSOCIATED PRESS



Video game simulation says Michael Vick will win NFL MVP honours this season

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WARNING: VIRUS FILMS ARE CONTAGIOUS

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

If *Jaws* kept people out of the water, *Contagion*, this weekend's all-star Towering Inferno of germ movies, will keep them from touching their faces. The average person touches their face upwards of 3,000 times a day, and in the world of *Contagion* everything that comes in contact with your skin — an elevator button, a glass at an airport, a handrail on a ferry — could be fatal.

In this world of big diseases with little names like SARS and H1N1, germs are the new Frankensteins.

The movies have used microscopic germs and viruses as bogeymen for



years.

In *Warning Signs* an experimental virus turns

people (including Law and Order's Sam Waterston) into rage filled maniacs, a

plot echoed in *Resident Evil* when a virus gets loose in a secret facility. "The T-virus is protean," says the Red Queen, "changing from liquid to airborne to blood transmission, depending on its environment. It is almost impossible to kill."

The *Thaw* sees Val Kilmer unleash a prehistoric plague when he discovers a diseased Woolly Mammoth carcass. Eli Roth gave new meaning to the term cabin fever in his virus movie of the same

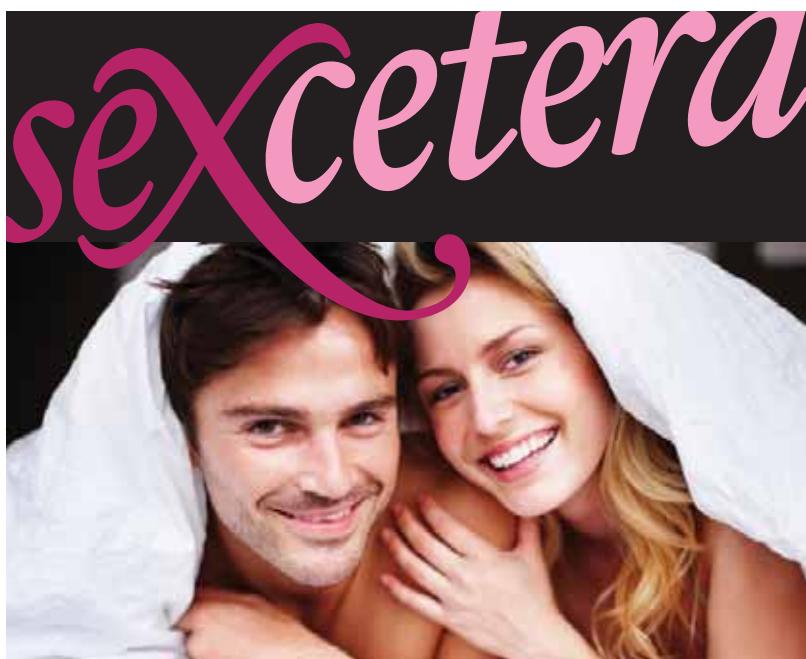
name and the movie *Doomsday* sees most of Scotland devastated by a deadly germ.

Michael Crichton dreamt up the idea for *The Andromeda Strain* when he was still a medical student. The story of a deadly alien virus was inspired by a conversation with one of his teachers about the concept of crystal-based life-forms. His novel was a bestseller and the author — who would later go on to write the sci-fi classics *Westworld* and *Jurassic*

Park — actually makes a cameo appearance in the hit 1971 film of the same name. He can be seen in the scene where the star of the movie, Dr. Hall (James Olson), is told to report to the government's secret underground research facility.

Outbreak features germs of a more earth-bound kind. Dustin Hoffman, Rene Russo, Morgan Freeman and Kevin Spacey star in this 1995 film about an outbreak of a fictional Ebola virus called Motaba spread in the States by a white-headed capuchin monkey. If the contagious simian looks familiar, no wonder. It's Betsy who also appeared as Ross's pet Marcel on *Friends*.

The sitcom spoofed Betsy's work in the disaster film by showing the monkey on a poster for a fictional film called *Outbreak 2: The Virus Takes Manhattan*.



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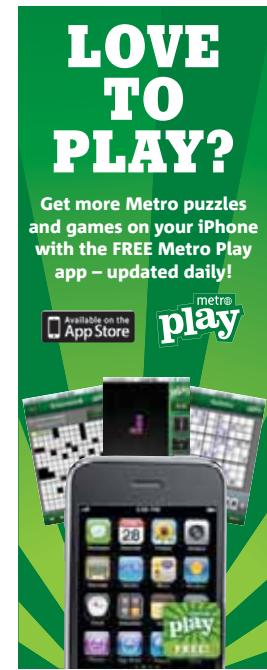
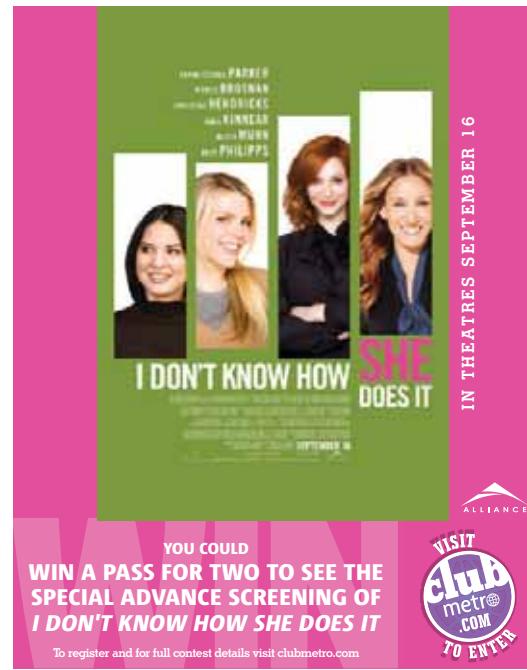
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Being a busty babe ain't all it's cracked up to be

► Jessica Simpson considering a breast reduction surgery before she ties the knot ► 'I was the first girl in my class to wear a bra', she says

Jessica Simpson is reportedly considering breast-reduction surgery before she walks down the aisle with fiancé Eric Johnson, according to *In Touch*.

"She thinks if she downsizes her breasts, she will look smaller. She's never loved having a huge chest," a source says.

It's clearly an issue that's been weighing on

the singer for some time.

"I was well-endowed when I was in sixth grade. There's no way to hide them, as much as you want to bandage your boobs down," Simpson has said previously.

"I was the first girl in my class to wear a bra. I remember crying in the bathtub. All my friends were super skinny."

● METRO



Adele doesn't have weight issues



Adele, who has had to cancel several tour dates this year due to illness, apparently doesn't do so well on the road even when she's feeling healthy.

"I puke quite a lot before going on stage," she tells *British Vogue*, admitting that there is a bright side to it.

"The bigger the freak-out, the more I enjoy the show."

But no one should mistake the singer's nerves and anxiety for issues about her weight, of which she says she has none.

"I've seen people where it rules their lives, who want to be thinner

or have bigger boobs, and how it wears them down," she previously said in an interview with *Rolling Stone*.

"I don't want that in my life. I have insecurities, of course, but I don't hang out with anyone who points them out to me."

● METRO



Promoting her latest directing effort, *W.E.*, seems to have put Madonna in a charitable mood.

The singer spoke fondly of her ex-husbands during a press conference at the Venice International Film Festival, according to *Us Weekly*.

"I am and was attracted to very creative people which is why I married Sean Penn and Guy Ritchie, two very talented directors," Madonna said.

"They both encouraged me as a director and as a creative person to do what I did, and they were both very supportive."

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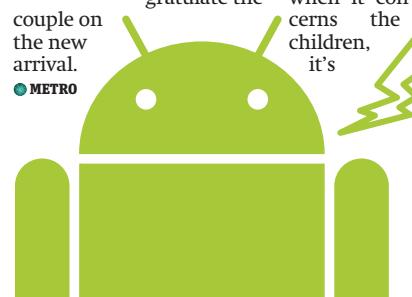
Fatherhood, take two



Guy Ritchie is a dad again. The director's girlfriend, Jacqui Ainsley, delivered a baby boy in London earlier

this week via C-section, according to *The Mirror*. Ritchie also has an 11-year-old son, Rocco, with ex-wife Madonna, who is said to have sent flowers to congratulate the couple on the new arrival.

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Celebrity tweets



First Foot-loose now Flatliners!
Are they just remaking the ones that start with F?



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@Alyssa_Milano
Hi! Feeding time for Baby Milo. Thinking of all you mamma's out there with raw nipples. #Ouch



@Joan_Rivers
Ben Franklin said it best: "Guests, like fish, begin to smell after 3 days." He didn't mention: "20 minutes if your guest is Snooki."



► Soon-to-be mom Carla Bruni-Sarkozy.

Baby Sarkozy not for sharing

Carla Bruni-Sarkozy is planning on keeping her new baby away from the cameras when it arrives.

"You don't have a child for the [photo] gallery," the French first lady and expectant mother says in an interview with French television program *Sept à Huit*, adding that her "position as the wife of the head of state has made me even more defensive.

I understand the media interest, and I don't see any inconven-

ience in it for myself or my husband, but when it concerns the children, it's

not impossible."

While she doesn't yet know the gender of the new baby, she does know how she feels about media attention.

"I will do everything to protect this infant, and I'll be absolutely rigorous," she says. "I will never show photos of this child. I will never expose this child."

● METRO

An apple a day

- Iroquois, Ont., is home to the McIntosh apple
- The town celebrates the bicentennial of the species

Two hundred years ago, in 1811, a farmer by the name of John McIntosh found an apple sapling growing on his property in Upper Canada, north of the St. Lawrence River.

That find, and later

widespread propagation of the species, led to what became known as McIntosh apples showing up in grocery stores and lunch boxes everywhere. The town of Iroquois, Ont., will celebrate the bicentennial at an

apple festival on Sept. 17. "We're gearing up," Sandra Beckstead, owner of Smyth's Apple Orchard in Dundela, just north of Iroquois, told CBC Radio's As It Happens. "I have all the history. The history will all be displayed. . . . We'll have all kinds of contests, music, barbecues, apple cider, candy apples — we have everything planned."

Beckstead said she's the fourth generation in her family to have farmed her land, and that John McIntosh's property was about half a kilometre away. The oldest known McIntosh apple tree — an original descendant of the first McIntosh tree — died at Beckstead's farm this summer.

McIntosh's parents emi-



► The McIntosh apple has a highly desirable taste.



► Iroquois, Ont., is holding a celebration of the bicentennial of the McIntosh apple on Sept. 17

grated from Inverness, Scotland, to the Mohawk Valley in New York state, and John later moved to Upper Canada.

An Historic Sites and Monuments Board of

Canada plaque in Dundela, 75 kilometres south of Ottawa, says John McIntosh and his family had a major impact on Canada's fruit growing industry: "The McIntosh apple not only

possessed a highly desirable taste, texture, aroma and appearance, but was also ideally suited for growing in the country's colder climate."

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Drink of the week

The Grey Goose Northern Starlet

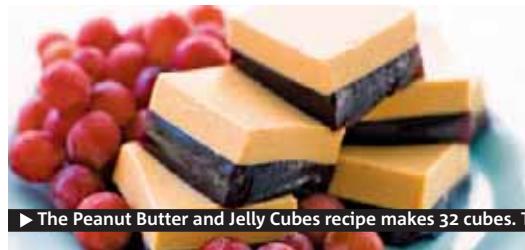
This fruity cocktail, with its fresh cranberry juice and spray of grapefruit, is fit for the stars as Canada gets ready to celebrate the Toronto International Film Festival.

- 45 ml Grey Goose Vodka
- 5 ml Cherry Marnier
- 25 ml organic Canadian cranberry juice
- 1 can (175 ml/6 oz) frozen orange juice concentrate
- 10 ml Passion fruit syrup
- 5 ml Freshly squeezed pink grapefruit juice

Combine all ingredients into cocktail shaker with ice. Shake; strain in coupe. Finish with spray of pink grapefruit zest and garnish with a whole star anis. **DIMI LEZINSKA, GLOBAL BRAND AMBASSADOR GREY GOOSE VODKA**

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MATTHEW MEAD/ THE ASSOCIATED PRESS

Peanut Butter & Jelly Cubes

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- 1 Spray a 23-by-33-cm (9-by-13-inch) pan with cooking spray, then line with plastic wrap.
- 2 In bowl, combine 4 envelopes of gelatin with 250 ml (1 cup) of grape juice. Let sit 5 minutes.
- 3 In saucepan over medium-high heat, bring remaining 750 ml (3 cups) grape juice and 50 ml
- 4 In small bowl, combine cool water with remaining 2 envelopes gelatin. Let sit for 5 minutes, then add boiling water. Stir until gelatin is dissolved. Set aside.
- 5 In bowl, use electric mixer to beat peanut
- (1/4 cup) honey to boil. Pour in bowl with gelatin; stir until dissolved. Pour mix into prepared pan and refrigerate until firm and set, 3 hours.

butter, cream cheese and remaining 50 ml (1/4 cup) honey until smooth. Slowly beat in gelatin mix. Pour and spread this mix over set jelly in pan. Refrigerate and allow to set up completely, about 3 hours.

6 Using plastic wrap to assist, remove gelatin from pan and peel off plastic. Cut into cubes.

Sweet Quesadillas

Preparation:

- 1 In skillet over medium heat, melt butter. Add apples, sugar, cinnamon. Cook, stirring, until apples are tender, 3 mins. Transfer to a bowl.

- 2 Spread cream cheese over 4 tortillas. Divide apple mix. Top with remaining 4 tortillas.

- 3 In skillet over medium-high heat, toast each quesadilla, about 2 minutes per side. Serve.

THE ASSOCIATED PRESS

Shopping List:

Peanut Butter and Jelly Cubes

- 6 envelopes (each 7 g/1/4 oz) unflavoured gelatin, divided
- 1 l (4 cups) grape juice, divided
- 125 ml (1/2 cup) honey, divided
- 125 ml (1/2 cup) cool water
- 250 ml (1 cup) boiling water
- 250 ml (1 cup) peanut butter
- 1 pkg (250 g/8 oz) cream cheese, room temperature

Sweet Quesadillas

- 15 ml (1 tbsp) butter
- 2 Granny Smith apples, peeled, cored and sliced
- 30 ml (2 tbsp) packed brown sugar
- 5 ml (1 tsp) cinnamon
- 125 g (4 oz) cream cheese
- Eight 15-cm (6-inch) flour tortillas

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5 Things not to do your first week

► You're finally out of the house and settled in your dorm ► Make sure you avoid a few freshman faux-pas as you embark on this new chapter

Here is some advice on what not to do to make sure you have a good post secondary experience. Don't:

Live online

Chatting online with high school friends or using Skype to see a familiar face from back home is all well and good, but don't overdo it.

Do your best to avoid the temptations of social networking sites like Facebook and make some real life memories.

Be picky about plans

You might not find your best friends right away, but don't let that stop you from going out to find them.

It's important to get out and meet your classmates while everyone is still as new to campus as you, so even if you're not in love with the group — go!

Keep your door closed

During the first week, keeping your dorm door open is an easy way to let hallmates come in and meet you.

Buy out the bookstore

It's tempting to buy anything and everything with your school's name, but



► It's perfectly acceptable to adore your new digs, but don't get stuck in there all semester long.

it's not something you want to be known for.

There's always one overzealous frosh that students can count on to be decked out in college swag from head to toe on any

given day — don't let that be you.

Wait to get a job on campus

Returning students know how important it is to lock down a job as soon as pos-

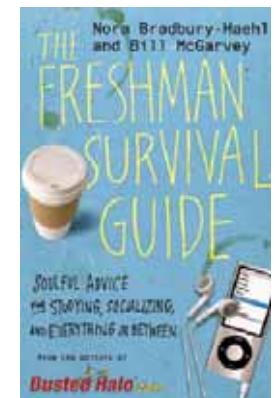
sible, mostly from learning the hard way their freshman year.

The best work-study gigs are limited and go fast, so don't put it off.

● METRO

Figuring out the freshman

For their book *The Freshman Survival Guide*, authors Nora Bradbury-Haehl and Bill McGarvey of BustedHalo.com interviewed professors, administrators, campus ministers and students alike in order to give incoming freshmen a primer on practicalities they'll need to know their first year of college — and also to help them tackle the bigger questions. We went to McGarvey with some questions of our own.



books almost seem to assume that these students were a collection of brain cells and hormones. College kids are less religious but they're definitely getting more spiritual.

What should every freshman know upon starting post-secondary school?

You're spending good money to get an education and there are enormous resources at your fingertips. You're gonna run into challenges, but there are places to turn and people that are there to help you.

Can you expand on the book's web component?

I came from a web background, and I wanted to make sure that our book reflected the way younger students read and interact with the media now. Throughout the book there are chapters where you can go online and get special information or contribute. ● METRO



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The bold return

► Enter that classroom, once again, with confidence



► Don't forget that as a mature student, you have the advantage of possessing a world of wisdom that many of your classmates will lack.

It's been awhile since you've had to sit in classrooms and listen to professors prattle on. And frankly, you wonder how you'll keep up with lecture notes when you have other obligations like family or a part-time job. Not to worry. Here are some tips to help mature students survive that first year back at school:

Be confident about who you are

Don't compare your appearance, possessions, or status with other students. As a mature student, you may have better time management skills and more life experience than your peers. You also know the value of a good education and will work

hard to achieve it.

Get organized

Invest in a daily planner to keep track of deadlines and assignments. Create a home workspace that is comfortable and free of

Pass it on!

Your decision to further your education is a brave one:

- Be proud of yourself and consider helping a child in a developing country to get their education as well.
- You can visit ccfcana.ca to see how you can provide opportunities to children in need.

clutter.

Find a student mentor

Apply for a mentor through student services. Look for someone who is also a mature student and in a higher year than you. He or she can share first-year experiences, time management and study tips, and the scoop on professors to avoid.

Befriend your classmates

Having friends to confide in will make your classes more enjoyable. If you don't connect with anyone in your class, join interest groups and associations on campus. Being passionate about an activity binds people together. **NEWS CANADA**

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"The pen is mightier than the sword"
- Edward Bulwer-Lytton

Too often employees ruin their own perfectly good cases. Mostly, these employees fail to pick their battles, especially with their own lawyers. Here are the various types of "losers" and the reasons why they just love to fail.

The Penny Pincher They want substantially more from a lawyer than what they are willing to pay for. They will invest more time searching for a free lawyer than had they just agreed to pay for a good one from

the outset. They will always argue over getting the last penny in any deal, which ironically will cost them more in the long run.

The Know-it-All They have a well strategized plan about how they will win their case. The problem is that they are often wrong and they are never willing to admit it. They will listen to their lawyers but as soon as they do not get the answer they want to hear, they will take a course of action that will inevitably make their case harder to settle.

The Story-tellers They tell fabulous stories about their cases, except that these stories are always far from the truth. They will convince themselves that they have a great case, worth many millions of dollars and that their employers will open their wallets to silence their claims. The problem is

that if their employers and even their own lawyers do not believe them, a judge almost never will.

The Bully They are so used to getting away with mischief that they can never foresee their behaviour catching up with them. However, when it eventually does (and it always does) the bully falls harder than anyone. They get little sympathy from ex-employers and even less from the judges.

The Napoleon This class of employee will fight for just about everything. They will challenge performance reviews, workplace policies, hiring decisions and most definitely they will challenge firing decisions. They will invest more time and energy in court than had they just moved on and found another job. However, they are great clients because I often see them more than once.

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STUDENT VOICE

ALANNA GLASS
TALENTEGG.CA

I have been plagued with the "I need experience but nobody will give it to me" curse for a long time. Until one company is willing to take a chance on you and give you an entry-level position, the job or internship hunt can be tiresome. Trust me, I know.

That being said, as I ended my second year of university, I was finally able to land an internship. Fortunately for me, this small company did just what an employer should: they looked beyond the content of my resumé.

When I came in on my first day, they told me I had been selected based



► Alanna Glass emphasizes the importance of quality over quantity when it comes to the information a person presents on their resumé.

on the strong communication skills I had demonstrated in my application.

My relevant work experience had been reviewed but was not necessarily the top priority. They valued that I could communicate effectively and were willing to give me the experience I lacked.

In my opinion, employers should "read between the lines" of a resumé and try to recognize quality over quantity.

What does a student prove by having six short-term positions over one long-term position? As a student, does it benefit to be a member of six clubs or to be the president of one?

Employers seem to be so caught up in the length of a resumé that they neglect to read between the lines and see what's really there. Through dedication to one position, a student is demonstrating commitment and perseverance.

The quality of your resumé is of paramount importance.

Whether one page or two, a resumé can be demonstrative of so much more than past work experience. For example, a resumé that is clean and well-organized is often received as a reflection of the person who wrote it.

Also, creative descriptions of skills and prior experience demonstrate impressive communication skills.

There's no need to write "excellent communication skills" when it is evident in your writing and the construction of the resumé.

Take time to polish your resumé. It's often the only piece of information that employers have about you, so you want to be sure that it's giving the right impression.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTTEGG.CA.

What I learned

Key take-aways from Alanna's experience:

- Spend time enhancing your resumé for every job that you're applying to
- Make sure your resumé demonstrates the transferable skills you acquired in your extra-curricular activities and past experiences
- Highlight your past successes and make your resumé stand out



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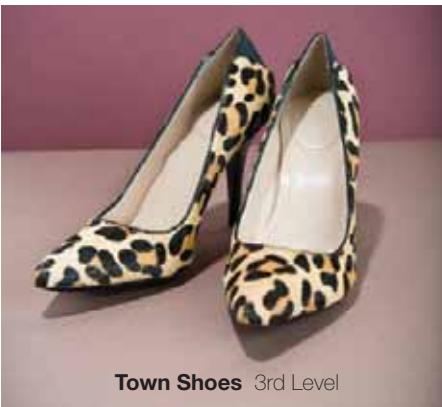
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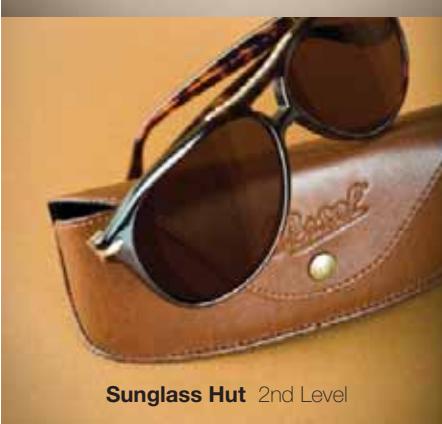
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It's a whole new life away from home

► Learn to be your own boss ► Set limits; nobody is going to cover up for your mistakes ► Have fun within reason



You're away at university with no parents around to set a curfew and no teachers to check on you when you miss a class. How much better can it get? Let the party begin.

But wait — if you're not careful, you will burn out by the end of first term. Or at least run out of money.

Listen to Obed. He's been there. Now in his fourth year in political science (with a minor in philosophy) and president of the Carleton University Students' Association, Obed went through just about all his savings within a few months of first-year classes, thanks to too much partying.

Connor Benson, who is studying small and medi-

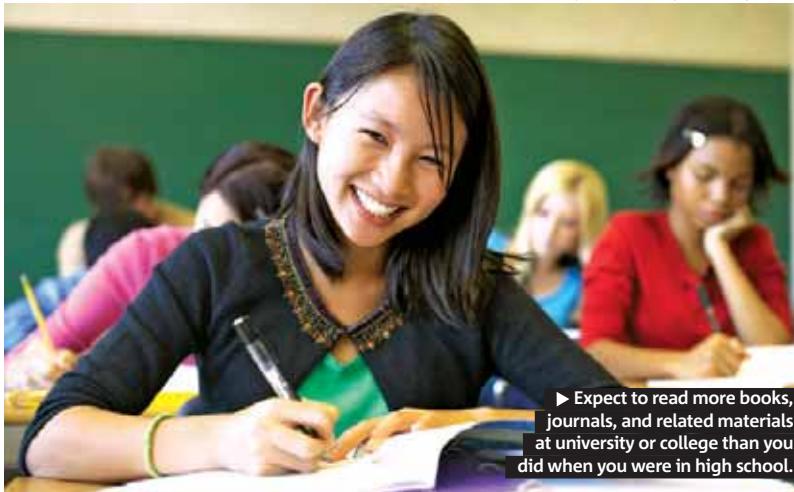


um enterprise management at Algonquin College, also learned the hard way what not to do the first year of college.

Here are some of their tips:

► Budget, budget, budget. Some students don't have a clue what things cost. Write down what money you have and what comes in on a regular basis. Set aside what you need for rent, food and other necessities.

► Limit what you shell out on entertainment. This is an area that can easily get out of hand. Going to con-



JACK HOLLINGSWORTH/DIGITAL VISION/THINKSTOCK

certs and bars can quickly destroy that new budget.

► Don't procrastinate. Do assignments as soon as you get them; otherwise, they will pile up and before you know it, you will be

swamped and stressed — a recipe for academic failure.

► Adapt to the different workload. In high school, you may have gotten away with just leafing through the course textbook, but at

university, there's a lot more emphasis on research, so expect to read more books, journals, and related materials. This can be taxing and time-consuming.

► Don't skip classes. You

could be missing important lessons and catching up can be tricky.

► Have a daily study period. Set aside a certain block of time each day to devote to schoolwork. You will be thankful for the preparation at exam time.

► Make at least one friend who is academically inclined. You need someone who won't drag you away to parties when you have an essay due.

► Join (or start) a study group. Learning is easier when you do it as a team so you can pool your knowledge. There is always someone who takes copious notes in class; spend time with that person.

► Remember why you are there. You are in school to learn and someone (probably your parents) has likely made sacrifices for you to be there, so don't blow it.

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PIXLAND/THINKSTOCK

Don't get trapped in Net

► Protect your online privacy with these helpful tips

Coming across an unflattering photo of yourself on a friend's Facebook or Flickr account during orientation week can be embarrassing for any student.

Prof. Greg Elmer, a cyber privacy expert and director of Ryerson University's Infoscape Research Lab/Centre for the Study of Social Media, offers helpful tips on how students can protect their online privacy — and keep those unsavoury pics from going viral.

1 Begin with the assumption that nothing is private on the web. Regardless of privacy safeguards, it is nearly impossible to control your personal information on the web. Once it's out there, it's out there for good.

2 Always completely log out of public computers, especially those in li-

braries and other high-frequency areas like university computer labs. You don't want the next user to come along and read through your email inbox. Don't save any passwords on public computers either.

3 Read the privacy terms on websites. While this may seem obvious, studies show that very few users actually take the time to read the privacy policies of sites they use on a routine basis.

4 Check your privacy preferences and choose the settings that reflect your needs and comfort level. Begin with the highest level of privacy and adjust accordingly. Recheck privacy preferences and settings — they often change with little or no notice.

5 Don't click on any links that come from individuals you do not

know via email, Twitter or any other website. This is the easiest way for hackers to surreptitiously store information on your hard drive.

6 Routinely search Google, Facebook and other sites to ensure there are no unflattering pictures or blog posts of you on the Internet. You may have no control over someone else posting a picture of you late at night, but you can track these pictures and establish some privacy settings to ensure they are not spread across the web.

7 This is a no-brainer: don't share your passwords with anyone. Don't forget to periodically change your passwords.

8 This may strike some as anti-social, but only accept "friends" on social networking sites that you know or have recently met. **RYERSON UNIVERSITY**



Budget basics

ISTOCKPHOTO/THINKSTOCK

dents, budgeting their finances can be tricky, especially establishing the difference between needs and wants.

Needs are essentials, such as food, shelter, clothing and tuition. Wants are the extras, like trips to the bar or a big-screen TV.

If students are having a hard time sticking to their budget, they should look at ways they can cut back on expenses, such as by having roommates.

"That's a great way to save money," says Peter Wilson, the associate director of scholarships and bursaries at York University in Toronto.

Not only will students be able to split the cost of rent, they can also share the cost for utilities and things like Internet or cable service.

Other ways of cutting expenses include not buying brand name foods at the grocery store, taking public transit (rather than driving) and simplifying one's cellphone plan.

For students who require student loans, it's a

Local tweets



We asked you to tell us where you can find cheap meals and meet people.

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- @Pumpembrun: Barbarella's ... on Queen #Ottawa
- @Sara_Jefferson: shawarma palace on rideau

PLACE TO MEET PEOPLE

- @Beyond_Events: @Ottawaevents for sure!
- @hellotayleigh: @CentretownNews, for students (and other town residents), by students!

► Differentiate between needs and wants ► Look at ways to cut expenses



Be wary of the plastic. And by plastic, we mean credit cards. "Oftentimes, those \$1,000 credit cards are what

end up hurting down the road," says Marla Douglas, a financial aid and awards officer at Saint Mary's University in Halifax.

With many credit card companies setting up booths at universities and

colleges to offer students credit cards, students must realize that how they use credit cards affects their credit rating, which will impact everything from their ability to buy a car or home down the road.

With high annual interest rates of approximately 20 per cent, if students don't stay on top of their credit card payments, the debt amounts can add up pretty quickly.

For most university stu-

good idea that once their tuition is paid, they take any leftover money and put it into a separate bank account from their day-to-day one. This should also help prevent students from using that money to buy unnecessary things.

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Sex, drugs and laundry

► What parents should tell their kids before they leave for school

When kids are old enough to understand, parents have The Talk, about birds and bees and how — poof — babies are born when two people love each other.

When it's time for kids to head off to college or university, The Talk II may go something like this: DON'T HAVE UNPROTECTED SEX!

Untethering your teens for college often includes rapid-fire declarations on birth control, drug use, date rape and binge drinking. Squeezed out of the conversation may be equally important topics that don't bubble to the surface until after the start of their first year.

That could mean, for

kids who have turned 18, an explanation of waivers they must sign ahead of time if they want to grant parents a say in their health care or allow them to see their grades.

It could mean advice on dealing with roommates after a lifetime of space to themselves, or even making sure they know how to set an alarm so they can wake themselves up.

Don't bombard your frosh-to-be with too much information at the last minute.

"The important thing is to start a healthy discussion early," said Houston Dougherty, vice-president of student affairs at Grinnell College in Iowa.



► When students go away to school for the first time, it's also an important time for parents to guide their children.

Long Island, N.Y., mom Eileen Masciale, whose 18-year-old daughter attends a state university in the U.S. mid-Atlantic region, said she wished she had gone over how to cope with social issues beforehand rather than concentrate as she did on academics and mundane logistics like laundry, especially in light

of the suicide of a local teenager last year whom her daughter knew.

"My daughter has friends in her dorm, but it's been a challenge finding her 'core group,' as she calls it," Masciale said.

"I didn't know how she was handling things, but she reached out to all her other friends at different

colleges and got a lot of support. Things are falling into place now."

Dougherty said it's often surprising how little new students can do for themselves.

"Every year I know of first-year students who wake up in the morning at college when their mom calls," he said. "They've

never set an alarm, prepared their own meal and because they're bright kids they've, in essence, gotten through high school on their wits without having to be that organized," he said.

"They haven't had to use the tools that they then need to be fully independent." **THE ASSOCIATED PRESS**



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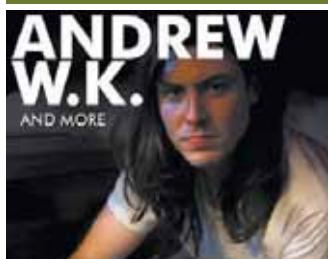
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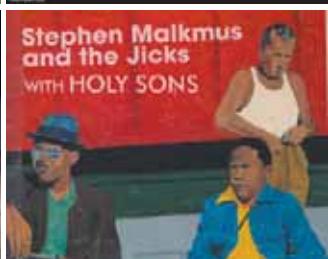
WITH THE LUYAS
SAT SEPTEMBER 17
MAVERICKS 19+

DAYSIDE

WITH TRANSIT
WED SEPTEMBER 21
MAVERICKS AA/19+



ANDREW W.K.
AND MORE
THU SEPTEMBER 22
MAVERICKS 19+



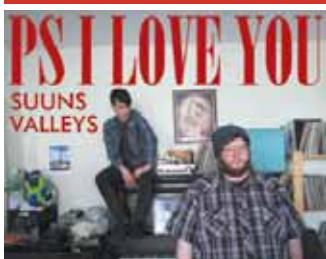
STEPHEN MALKMUS
AND THE JICKS
WITH HOLY SONS
THU SEPTEMBER 22
RITUAL 19+



WHITEHORSE
MELISSA MCCOLLAND & LUKE DUBBLE
FRI SEPTEMBER 23
MAVERICKS 19+



PROTEST THE HERO
AND GUESTS
THU SEPTEMBER 29
RITUAL 16+



PS I LOVE YOU
SUUNS VALLEYS
WED OCTOBER 5
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AND GUESTS
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FRI OCTOBER 7
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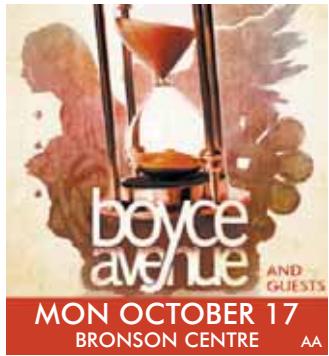
NAPALM DEATH
FUCK THE FACTS • MORTOR
DEFORMATORY
SUN OCTOBER 9
MAVERICKS AA/19+



DAN MANGAN
ON FORTUNE TOUR
AND GUESTS
FRI OCTOBER 14
BRONSON CENTRE AA



BRAIDS
PEPPER RABBIT BORN GOLD
SAT OCTOBER 15
BABYLON 19+



BOYCE AVENUE
AND GUESTS
MON OCTOBER 17
BRONSON CENTRE AA



AGNOSTIC FRONT
WITH THE MONGOLIOTS
MY LIFE MY WAY 2011 TOUR
MON OCTOBER 17
MAVERICKS AA/19+



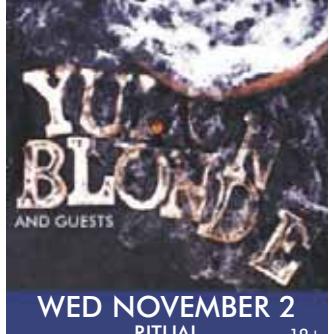
ELLIOTT BROOD
AND GUESTS
FRI OCTOBER 21
MAVERICKS 19+



MATTHEW GOOD
WITH SPECIAL GUESTS
FRIDAY, OCTOBER 28
NATIONAL ARTS CENTRE
SOUTHAM HALL



FRANK TURNER
& THE SLEEPING SOULS
INTO IT. OVER IT.
SUN OCTOBER 30
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TICKETS AVAILABLE @ VERTIGO (193 RIDEAU), OTTAWA FOLKLORE CENTRE (1111 BANK), RECORD SHAAP (209 GILMOUR), ALL [ticketmaster](#) OUTLETS, WWW.TICKETMASTER.CA OR BY PHONE AT 855-985-5000



Miss American Thigh

These gooey, saucy, baked chicken thighs are a favourite.

Ingredients:

- $\frac{3}{4}$ cup grape jelly
- $\frac{1}{2}$ cup ketchup
- $\frac{1}{2}$ cup minced onions
- 2 tbsp white vinegar
- 1 tsp dry mustard powder
- 12 bone-in chicken thighs, skin removed (about 3 lbs/1.4 kg)

Preparation:

- 1 In a small saucepan, stir together grape jelly, ketchup, onions, vinegar and mustard powder. Cook over medium-high heat until mixture comes to a boil and jelly is melted. Remove from heat.
- 2 Arrange chicken pieces in a 13x9-inch baking dish. Pour sauce evenly over chicken and turn pieces to coat both sides. Bake at 400 F for about 40 minutes, until chicken is very tender. Serve hot. Makes 6 servings

Healthy cooking can inspire healthy mind

JON TATRIE
FOR METRO

University and college students gain a great deal of freedom in their first year — and some also gain a great deal of weight. The famous "Frosh 15" is a familiar foe and can be avoided with a little effort.

Greta Podleski, who, with her sister Janet, is the food lover behind the Eat, Shrink and Be Merry TV series and book, says the problem is most 18- and 19-year-olds simply don't know how to cook.

"Or they believe that putting Kraft Easy Mac in the microwave is cooking," she jokes. "Eating healthfully when you have no idea how to cook is a challenge."

Price shock when you start paying for your own

groceries can also make "cheap" meals at fast food restaurants seem more affordable. "I'm sure the extra partying and drinking might have something to do with the weight gain, too," she teases.

Podleski advises learning how to cook five basic meals before you leave home.

"They don't have to be gourmet, but I'm not talking about spreading peanut butter on toast, either."

For example, instead of ordering pizza, buy a whole-grain pre-made pizza crust and add your own toppings: Chicken, sliced mushrooms, peppers, tomatoes — whatever you fancy. Use partly skimmed cheese and a jar of pizza or pasta sauce and you have

an easy health upgrade from delivered or frozen pizza.

A pasta meal can be just noodles and bottled sauce, but you can improve it by adding lean ground beef, chicken or meat substitute, along with chopped vegetables. "Look for the high-fibre white pastas if you can't handle whole grain," she says.

For breakfast, buy some whey protein powder and a blender to make breakfast smoothies. Add some frozen fruit and water and you are good to go.

"To add some good fats, throw in a tablespoon of ground flax or chia seed," she says.

THE PODLESKIS' NEW COOKBOOK, THE LOONEYSPOONS COLLECTION, WILL BE RELEASED THIS FALL. COPIES CAN BE PRE-ORDERED AT INDIGO.CA.



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Smackaroni and Cheese**Ingredients:**

- 1 tbsp butter
- $\frac{1}{3}$ cup minced onions
- 4 oz (113 g) turkey bacon, chopped (about 7 slices)
- 1 cup finely chopped shiitake mushrooms
- $\frac{1}{2}$ cup frozen sweet green peas
- 1 can (14 oz/380 mL) 2% evaporated milk
- 2 tbsp all-purpose flour
- $\frac{1}{2}$ tsp dry mustard powder
- 1 cup packed shredded light old (sharp) cheddar cheese (4 oz/120 g)
- 1 cup packed shredded 4-cheese blend (4 oz/120 g; see tip)
- Freshly ground black pepper
- 2 cups uncooked whole wheat macaroni



COURTESY GRETA PODLESKI

over medium-low heat. Add onions and chopped bacon. Cook slowly, stirring often, until bacon is lightly browned and onions are golden. This will take a good 10 minutes. (You may want to get the macaroni cooking at this time.)

2 Add mushrooms to skillet and cook until tender. Stir in peas until heated through.

3 Preheat broiler. In a large measuring cup or medium bowl, whisk together evaporated milk, flour and dry mustard. Add to bacon and veggies in skillet. Cook and stir until sauce is bubbly and has thickened.

4 Remove from heat and stir in three-quarters of the cheddar and three-quarters of the 4-cheese blend. Stir until cheeses are melted. Add pepper. Add well-drained macaroni and mix until well-coated with sauce. Sprinkle remaining cheddar and remaining 4-cheese blend over top. Place skillet under broiler until cheeses are melted and lightly browned. Makes 6 servings

Recipe Tip: The cheese-blend we prefer is a combination of provolone, asiago, parmesan and fontina cheese. It's sold in a plastic tub where the specialty cheeses are found at your grocery store.

Preparation:

1 You will need a deep, 10-inch, oven-safe non-stick skillet. Melt butter in skillet

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



Ottawa Psychopharmacology Clinic Smyth Medical Centre

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FULL TIME

4 weeks (60 hours in class and 60 hours online)

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September 12 to October 7, 2011

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Level 2 and 4 – 12:30 pm to 3:30 pm;

Level 5 and 6 - please check our website

October 17 to November 11, 2011

Level 1 and 3 – 12:30 pm to 3:30 pm;

Level 2 and 4 – 9 am to noon;

Level 5 and 6 - please check our website

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Make the most out of campus life

► Even though some students may face a lengthy commute, it's worth the effort to explore extracurricular activities

Bowen Tang admits that he eventually grew weary of the repetitive offerings on the cafeteria menu in his first year of university, but he truly savoured having his own room and getting to know fellow dorm dwellers.

But after one year living on campus at the University of British Columbia, he felt he couldn't justify the high financial costs of remaining in residence for the long haul.

He was content to pack up and move back with his parents in Burnaby, an hour away from school.

What was once a five-minute walk from residence stretched into a much longer journey to classes beginning in second year.

"It was very hard for me to keep motivating myself to stay in the evenings and do some extracurricular activities," recalled Tang.

"I know that if I'm done at 6 p.m. and start to leave campus it will take me to 7 p.m. (until I'm) at home, and I felt that one hour time was wasted."

He is among the legions of students who will be living at their parents' homes when classes begin in September, facing sometimes lengthy round-trip commutes to attend



► Bowen Tang is seen near a bus stop at UBC in Vancouver. Living at home during university: Do students at commuter campuses feel less connected to their schools? Make the most of post-secondary life without the dorm and/or out-of-town experience.

college or university.

Coupled with the demands of coursework and outside commitments, some may feel squeezed for time to balance it all, much less to stick around campus when classes are wrapped.

Tang decided it was worth the effort.

"The more I start to realize the advantage of being

involved, the more motivated I am to start staying late on campus," said the 20-year-old, who is completing a dual degree in science and education.

Tang said those unsure of what extracurricular activities or groups to pursue should tap into their passions, which may help provide the motivation needed to enjoy life be-

yond lecture halls and labs.

"I understand the difficulty of travelling from campus to home," he said.

"But at the same time ... it's really up to you to take advantage of your on-campus experience by realizing how valuable and how worth it it will be for you."

Carli Yim requires approximately three hours for her round-trip com-

mute from Markham, Ont., northeast of Toronto, to attend Ryerson University, where she is heading into her fourth year. The radio and television arts student

typically walks 15 minutes to catch a bus, followed by a subway ride to the downtown campus.

Yim always knew she would be commuting, and said part of the reason she

remained in town for school was to not have to place a financial burden on her mother, who is a single parent.

But she still recalled initially feeling envious of many of her volleyball teammates who lived in residence first year.

"We'd have really late practices until about 10 p.m. and they'd be able to walk home across the street," she said following a recent pre-orientation workshop at Ryerson. "I'd still have to go commute and get home closer to 12 and sleep and wake up in a couple of hours to come back downtown."

The 21-year-old didn't know if she wanted to play volleyball at all at university given the time commitment involved, but decided she wanted to make the most of her on-campus experience.

Whether shy and reserved or more outgoing, Yim said all students should feel encouraged and open to immersing themselves in new experiences.

Even if individuals don't sign up for a formal group, they may want to head out to a poetry night or athletic game, if even just as a spectator, Yim noted.

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Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

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- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

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CONCERTS

Wagons

Sept. 7, at Zaphod Beeblebrox, 27 York St. For tickets, go to ticketweb.ca or call 1-888-222-6608. More info at zaphodbeeblebrox.com.

Keith Urban

Sept. 9, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

The Band Perry

Sept. 9, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

Those Gulls

Sept. 12, Cafe Dekcuf, 221 Rideau St. For more, go to cafedekcuf.com or call 613-244-5000.



Rideau St. For tickets, call 613-562-3941 or go to mavricksbar.com.

D.O.A.

Oct. 14, at Mavericks, 221 Rideau St. For tickets, call 613-562-3941 or go to mavricksbar.com.

The Sheepdogs

Oct. 15, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

Kings of Leon

Oct. 15, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

Jeff Beck

Oct. 16, at National Arts Centre, 53 Elgin St. For tickets, call 1-888-991-2787 or go to ticketmaster.ca. For more, visit nac-cna.ca.

Avril Lavigne

Oct. 17, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

Jeff Dunham

Oct. 23, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

The Haarp Machine, Decrepit Birth, Fleshgod Apocalypse, and Rings of Saturn

Oct. 25, at Mavericks, 221

The Luyas and The Dodos

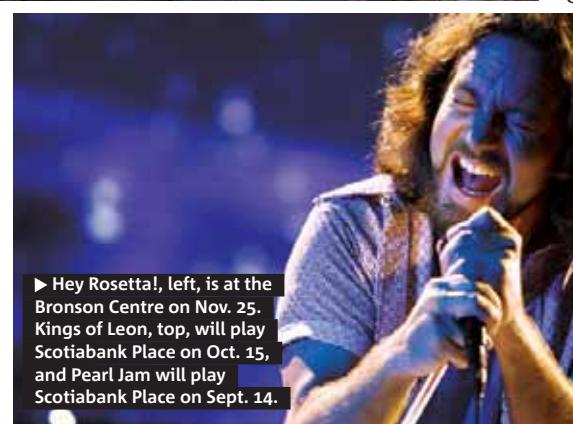
Sept. 17, at Mavericks, 221 Rideau St. For tickets, call 613-562-3941 or go to mavricksbar.com.

Bombay Bicycle Club and Two Door Cinema Club

Sept. 18, at Capital Music Hall, 128 York St. For tickets, go to ticketmaster.ca or call 613-755-1111. More info at capitalmusichall.ca.

The Moody Blues

Sept. 22, at Scotiabank



► Hey Rosetta, left, is at the Bronson Centre on Nov. 25. Kings of Leon, top, will play Scotiabank Place on Oct. 15, and Pearl Jam will play Scotiabank Place on Sept. 14.

Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

Roger Daltrey

Sept. 28, at Scotiabank

P.S. I Love You and Valleys

Oct. 5, at Mavericks, 221

Celtic Thunder

Sept. 13-14, Centrepointe Theatre, Ben Franklin Place, 101 Centrepointe Dr. For tickets, call 613-580-2700. More info at centrepointetheatre.com.

Mudhoney

Sept. 14, Scotiabank Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

Pearl Jam

Sept. 14, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to capitaltickets.ca or call 613-599-0100. More info at scotiabankplace.com.

The Srsis

Sept. 15, at Zaphod Beeblebrox, 27 York St. For tickets, go to ticketweb.ca or call 1-888-222-6608. More

The Moody Blues

Sept. 22, at Scotiabank



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Matthew Good

Oct. 28, at National Arts Centre, 53 Elgin St. For tickets, call 1-888-991-2787 or go to ticketmaster.ca. For more, visit nac-cna.ca.

Hey Rosetta!

Nov. 25, at Bronson Centre, 211 Bronson Ave. For tickets, go to ticketmaster.ca.

GALLERIES/ MUSEUMS

Caravaggio and His Followers in Rome
Runs to Sept. 11 at the National Gallery of Canada. For more, go to gallery.ca or call 613-990-1985.

Children of Hangzhou: Connecting with China

Runs to Sept. 11 at the Canadian Children's Museum. For more information and details, go to civilization.ca.

tion.ca or call 819-776-7000.

Hidden Treasures from the Bytown Museum

To Oct. 2 at the Bytown Museum. For more, call 613-234-4570 or visit bytownmuseum.com.

JAPAN: Tradition. Innovation.

Until Oct. 10 at the Canadian Museum of Civilization. For more, call 819-776-7000 or go to civilization.ca.

Extreme Mammals

Runs until Nov. 6. At the Canadian Museum of Nature. For more,

call 613-566-4700 or visit nature.ca.

War and Medicine

Until Nov. 13 at the Canadian War Museum. Go to warmuseum.ca or call 819-776-7000 for more.

Legion Halls

Until Nov. 20 at the Canadian War Museum. Go to warmuseum.ca or call 819-776-7000 for more.

Fakes & Forgeries: Yesterday and Today

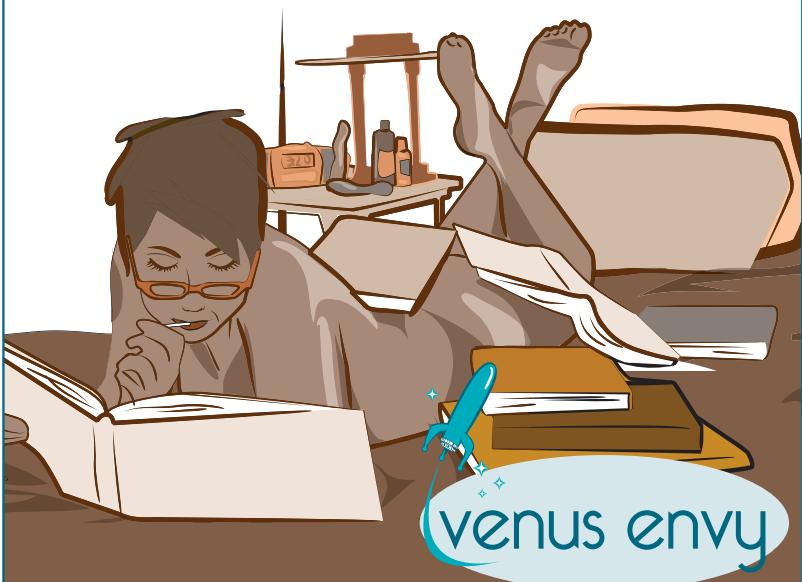
Until Dec. 9. At the Currency Museum of the Bank of Canada. For more, call 613-782-8914 or go to curencymuseum.ca.



► Avril Lavigne

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Big lessons when Living in small spaces



► IKEA's Kassett boxes, the IKEA Olesby work lamp, top, the IKEA Dokument letter tray, right, and the Dormco.com's Neoprene Bunk Pocket, top right.

When New Yorker Wendy Koch's son Bob headed off to Ithaca College for his first year, the car was loaded with great stuff — too much of it. That the nice Pottery Barn rug barely fit in the car should have been the tip-off. "We were taking our seventh trip up three flights of stairs to the tiny dorm room in stifling temps when his roommate turned to Bob and said, 'You could

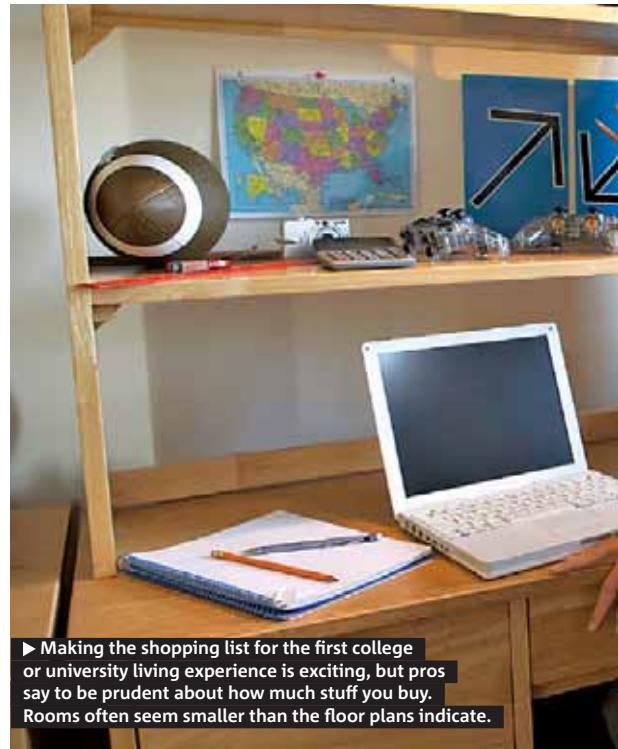
► Think about smart storage that maximizes space, yet looks good ► Be prudent about how much stuff you buy

probably make a lot of money selling all this stuff on eBay," Koch recalls. "There just wasn't room in the room."

Making the shopping list for the first college or university living experience is exciting, but pros say to be prudent about how much stuff you buy. Rooms often seem smaller than the floor plans indicate. That spacious-looking common room? More like a foyer. And as one veteran of the dorm wars notes, you will never again have the closet space you did at home.

So think about smart

storage that maximizes space yet looks good. Unless you are able to repurpose them as tables, suitcases may not be the best option; they might not fit under the bed or in the closet. Collapsible, storable bags work great. Samsonite's sturdy nylon Tote-a-Ton bag has 105,729 cubic centimetres of space. Dormco.com has the Clothes & Go system, which lets you take hanging clothes right out of the closet into foldable bags with a shoulder strap — at the dorm, just rehang.



► Making the shopping list for the first college or university living experience is exciting, but pros say to be prudent about how much stuff you buy. Rooms often seem smaller than the floor plans indicate.

Bed, Bath & Beyond has a ventilated, clear vinyl six-shelf sweater rack that hangs on a rod — easy to see what's in it. Some online shoppers have raved about the retailer's Dorm Space Saver, which assembles with no tools and, being the same width as the bed, serves as an extra headboard or footboard with shelves.

Meg Volk, who graduated this spring from the Fashion Institute of Technology and has traded a tiny dorm room for an equally tiny studio apartment in New York City, recommends "small, lightweight, wheeled dress



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JAMES WOODSON/DIGITAL VISION/THINKSTOCK

racks that will fit in your closet" for added hang space. If you do need to come with suitcases, she

suggests, use them for out-of-season storage and last semester's papers.

Dorm gear is often

grouped by classic gender colours and patterns — pinks, purples, baroque and animal prints for fe-

males, and surfer, sports, blues and browns for guys. It's better to choose neutral bedding that you won't tire of, and put the pattern and colour punch in posters and memorabilia collected during the school year.

Ikea's Dokument series of functional mesh metal desk accessories might appeal to girls or guys. Its Kassett boxes are cheap and sturdy storage options for papers; choose from an array of colours including white, black and orange. The Oleby lamp is a good-looking task light. And Ikea's giant plastic shopping bags make great dirty clothes totes, for the laundromat or for the bus ride home to free cleaning.

Dormco's Bunk Pocket is a convenient neoprene catchall for electronics that slips over a bedpost.



► From Home Sense, the cityscape pillow, top, and a crocheted pillow. Left, Bed, Bath & Beyond's clear vinyl 6-shelf sweater rack with ventilated cover. Bottom, Samsonite Tote-a-Ton bag.

Kenyon College junior Trevor Ezell, who recently returned from a semester studying in England and travelling around Europe, says a duffel bag was brilliant for studying abroad.

"They can be expanded to hold lots of stuff, yet collapsed to store away easily," he says. What not to pack for long-distance study? "Anything other than clothes," advises Ezell.

Students studying abroad run the risk of bringing things that might prevent them from absorb-

ing local culture. If you bring a basketball, you might not throw a rugby ball. Bring one overcoat, not several. And one dress-up outfit." Good advice, even for students not headed to foreign lands.

Both Bed, Bath & Beyond and WalMart offer services that let you shop online and pick up the items in or near the college town. If your child is flying or your car is small, it's a great option.

THE ASSOCIATED PRESS

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Jets. Uniforms



► Winnipeg Jets, from left, Nik Antropov, Mark Stuart and captain Andrew Ladd wear the team's new jersey as they walk around a CF-18 at a Canada Forces base in Winnipeg yesterday.

JOHN WOODS/THE CANADIAN PRESS

Winnipeg will be jetting around the ice in navy blue

With planes screaming overhead, the reborn Winnipeg Jets showed off their new uniforms yesterday.

Team captain Andrew Ladd and three other players emerged from the belly of a Royal Canadian Air Force Hercules at CFB Winnipeg in their blue and white home and away uniforms.

The home jersey is navy blue — officially “polar-night blue” — with striping in white and lighter blue. The away jersey is white with the two shades of blue striping. The lighter shade is known as “aviator blue.”

4 sports

Quoted



“I’ve been an assistant coach of the year in pro football and in college football, so apparently I’m pretty good. No one else believes it, but they all will after this game.”

DALLAS COWBOYS DEFENSIVE CO-ORDINATOR ROB RYAN, ON HIS TEAM’S SEASON-OPENING GAME AGAINST THE NEW YORK JETS, A TEAM COACHED BY HIS TWIN BROTHER REX.

Argos give Lemon the boot

► Toronto hands the veteran quarterback his walking papers and passes on the job to Jyles

The Toronto Argonauts are now Steven Jyles’ team.

Jyles assumed the starting quarterback position with the struggling Argos (2-7) yesterday, hours after the club’s surprising announcement it had released incumbent Cleo Lemon. Jyles will come off the nine-game injured list this week and make his Toronto debut Saturday night in Vancouver against the B.C. Lions.

“I’m expecting him to go out and play within himself, and by the end of nine

games we’re going to know what we have in Steven Jyles,” said Toronto coach/GM Jim Barker. “For him, this is an opportunity to take control of a team.”

Lemon joined the Argos prior to the 2010 campaign following seven NFL seasons and struggled with the Canadian game, amassing an 11-14 record as the club’s starter. His departure came four days after Lemon was benched for the first time, giving way to backup Dalton Bell to start the second half of Toronto’s 29-16

23
Number of
interceptions thrown
by Cleo Lemon in his
career as an Argo,
compared to 22
touchdown passes.

home loss to B.C., a game that saw the home team roll up just 184 total offensive yards.

The move was a huge surprise given Barker continually supported Lemon

throughout his CFL struggles. Barker named Lemon his starter last season despite Bell having played better in camp, and though Toronto posted a 9-9 record to qualify for the playoffs, it was due mostly to its stout defence and spectacular special teams as the offence struggled mightily.

In the off-season, Barker acquired Jyles from Winnipeg and declared another open competition at training camp for the starter’s job. But the Lemon-Jyles showdown never material-

ized as Jyles missed most of camp recovering from off-season shoulder surgery before going on the injured list.

Lemon did show flashes of brilliance this year, completing 66.5 per cent of his passing with seven touchdowns against just four interceptions. But it wasn’t nearly enough to kick-start an anemic Toronto offence that’s ranked last overall in the total yards (312.1 yards per game) and passing yards (277.3).

THE CANADIAN PRESS

Rain shuts Open down for day

Rain washed out all of yesterday’s schedule at the U.S. Open, postponing matches involving defending champion Rafael Nadal and the three American men left in the tournament: Andy Roddick, John Isner and Donald Young.

Second-seeded Vera Zvonareva, the 2010 run-

ner-up, also had been scheduled to play yesterday, the first time play has been delayed by rain at this year’s U.S. Open.

Steady showers that began overnight carried into the morning, first delaying what was supposed to be an 11 a.m. start. About 2½ hours later, the U.S. Tennis

Association announced that the day and night sessions were being called off.

A total of 54 matches were postponed at least until today, when more rain is predicted. There also is a chance of rain tomorrow and Friday, which could throw the schedule into disarray. THE ASSOCIATED PRESS

RECOVERY UPDATE

Crosby to speak

Pittsburgh Penguins captain Sidney Crosby is expected to provide an update today on the progress of his recovery from a concussion.

Crosby, who hasn’t played since suffering a

head injury in January, will speak to reporters at CONSOL Energy Center, the NHL team said yesterday.

Crosby has seen concussion specialists around the United States this summer. They have been monitoring his progress as he tries to shake headaches and other concussion symptoms. THE CANADIAN PRESS



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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	86	53	.619	—
Boston	84	56	.600	2½
Tampa Bay	77	63	.550	9½
Toronto	70	71	.496	17
Baltimore	55	84	.396	31

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	79	62	.560	—
Cleveland	70	68	.507	7½
Chicago	70	69	.504	8
Kansas City	59	83	.415	20½
Minnesota	58	83	.411	21

WEST DIVISION

	W	L	Pct	GB
Texas	80	62	.563	—
Los Angeles	77	64	.546	2½
Oakland	64	77	.454	15½
Seattle	58	82	.414	21

Last night's results

Baltimore at N.Y. Yankees
Detroit at Cleveland
Boston at Toronto
Texas at Tampa Bay
Chicago White Sox at Minnesota
Kansas City at Oakland
Seattle at L.A. Angels
Monday's results
N.Y. Yankees 11, Baltimore 10
Detroit 4, Cleveland 2
Toronto 1, Boston 0, 11 innings
Tampa Bay 5, Texas 1
Chicago White Sox 2, Minnesota 1, 1st game
Kansas City 11, Oakland 6
Chicago White Sox 4, Minnesota 0, 2nd game
L.A. Angels 7, Seattle 3
Today's games
Detroit (Verlander 21-5) at Cleveland (Masterson 11-8), 12:05 p.m.
San Francisco (Cain 11-9) at San Diego (Harrang 12-5), 6:35 p.m.
(A.J.Burnett 9-11), 1:05 p.m.
Texas (D.Holland 13-5) at Tampa Bay (Price 12-12), 1:10 p.m.
Kansas City (Chen 10-6) at Oakland (Moscato 7-8), 3:35 p.m.
Boston (Wakefield 6-6) at Toronto (Morrow 9-10), 7:07 p.m.
Chicago White Sox (Danks 6-10) at Minnesota (Pavano 7-11), 8:10 p.m.
Seattle (Furbush 3-7) at L.A. Angels (J.Williams 2-0), 10:05 p.m.
Tomorrow's games
N.Y. Yankees at Baltimore, 1:05 p.m.
Boston at Toronto, 7:07 p.m.
Cleveland at Chicago White Sox, 8:10 p.m.
Kansas City at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	89	48	.650	—
Atlanta	82	58	.586	8½
New York	68	71	.489	22
Washington	65	74	.468	25
Florida	63	77	.450	27½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	85	57	.599	—
St. Louis	74	67	.525	10½
Cincinnati	69	72	.489	15½
Pittsburgh	65	76	.461	19½
Chicago	61	80	.433	23½
Houston	47	94	.333	37½

WEST DIVISION

	W	L	Pct	GB
Arizona	81	60	.574	—
San Francisco	74	67	.525	7
Los Angeles	68	72	.486	12½
Colorado	66	75	.468	15
San Diego	61	80	.433	20

Last night's results

Atlanta at Philadelphia
Houston at Pittsburgh
L.A. Dodgers at Washington
N.Y. Mets at Florida
Cincinnati at Chicago Cubs
Milwaukee at St. Louis
Arizona at Colorado
San Francisco at San Diego
Monday's results
Washington 7, L.A. Dodgers 2
Pittsburgh 3, Houston 1
Chicago Cubs 4, Cincinnati 3
Arizona 10, Colorado 7
San Francisco 7, San Diego 2
Milwaukee 4, St. Louis 1
Philadelphia 9, Atlanta 0
Florida 9, N.Y. Mets 3
Today's games
N.Y. Mets (Dickey 7-11) at Florida (Hand 1-5), 5:10 p.m.
San Francisco (Cain 11-9) at San Diego (Harrang 12-5), 6:35 p.m.
(A.J.Burnett 9-11), 1:05 p.m.
Texas (D.Holland 13-5) at Tampa Bay (Price 12-12), 1:10 p.m.
Kansas City (Chen 10-6) at Oakland (Moscato 7-8), 3:35 p.m.
Boston (Wakefield 6-6) at Toronto (Morrow 9-10), 7:07 p.m.
Houston (Happ 5-15) at Pittsburgh (Burres 1-0), 7:05 p.m.
L.A. Dodgers (Eovaldi 1-0) at Washington (Wang 2-3), 7:05 p.m.
Cincinnati (Cueto 9-5) at Chicago Cubs (Dempster 10-11), 8:05 p.m.
Milwaukee (Greinke 14-5) at St. Louis (C.Carpenter 8-9), 8:15 p.m.
Arizona (J.Saunders 9-12) at Colorado (Mills 2-1), 8:40 p.m.
Tomorrow's games
L.A. Dodgers at Washington, 1:05 p.m.
Atlanta at N.Y. Mets, 4:10 p.m., 1st game
Atlanta at N.Y. Mets, 7:40 p.m., 2nd game
Philadelphia at Milwaukee, 8:10 p.m.
San Diego at Arizona, 9:40 p.m.

MONDAY

BLUE JAYS 1, RED SOX 0 (11 INN.)

Boston ab r h bi Toronto ab r h bi
Ellsury cf 5 0 1 0 McCoy ss 3 0 1 0
Pedroia 2b 5 0 0 0 Teahen ph 0 0 0 0
AdGn1b 4 0 1 0 Arenci ll 0 0 0 0
Aviles pr-3b 0 0 0 0 ETlms lf 4 0 0 0
D.Ortiz dh 4 0 1 0 Bautist rf 4 0 0 0
Youkilis 3b-1b 4 0 0 0 Lind 1b 4 0 1 0
Crifrif lf 4 0 0 0 Encrnf cb 5 0 1 0
Reddick rf 5 0 2 0 KJhnsn 2b 5 0 1 0
Varitek c 4 0 0 0 Lawrie 3b 3 1 1 1
Scutaro ss 4 0 2 0 J.Molin c 4 0 1 0
Wdwrp.pr-ss 0 0 0 0
Wise cf 4 0 0 0
Totals 39 0 7 0 Totals 36 1 6 1

Two outs when winning run scored.
E—Papelbon (1), DP—Boston 2, Toronto 1.
LOB—Boston 10, Toronto 10. 2B—Ellsbury (37), Ad.Gonzalez (41), Scutaro (15), H.R.—Lawrie (8), SB—McCoy 2 (9), Encarnacion 2 (7), Lawrie (5).
IP H R ER BB SO
Boston
Beckett 3 2 3 3 0 0 1 6
Aeves 3 2 3 1 0 0 3 4
D.Bard 1 2 3 0 0 0 0 2
Papelbon 1 1 0 0 0 2 3
Wheeler L-2-2 2 3 1 1 1 0 0 0
Toronto
H.Alvarez 6 4 0 0 0 1 4
CVillanueva 1 1 0 0 0 1 0
Janssen 1 1 0 0 0 1 2
F.Francisco 2 1 0 0 0 1 2
Camp W-3 1 0 0 0 0 1
T—351. A—27,573 (49,260).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	Avg
Lawrie	107	14	34	8	21	.318
Bautista	448	96	137	40	92	.306
Escobar	500	75	145	11	48	.290
Johnson	45	8	13	2	4	.289
Molina	151	19	43	3	13	.285
Encarnacion	427	66	118	15	44	.276
Thames	282	44	77	9	30	.273
Lind	445	53	113	29	75	.254
Davis	320	44	76	1	29	.238
Arenicibia	380	41	83	20	66	.218
McCoy	120	14	26	1	5	.217
Rasmus	88	11	19	3	12	.216
Teahen	143	12	27	4	13	.189
Wise	21	3	3	1	1	.143
Woodward	4	1	0	0	0	.000

PITCHERS

W L SV IP SO ERA

McCoy 0 0 0 1.0 0 0.00

Carreno 0 0 0 8.0 5 1.13

Janssen 4 0 2 4 6.2 45 2.12

Alvarez 1 2 0 36.2 25 2.95

Romero 13 10 0 193.2 157 2.97

Francisco 1 4 12 43.2 44 3.50

Perez 3 2 0 59.2 51 3.77

Villanueva 6 3 0 100.0 64 4.14

Litsch 5 3 3 65.2 57 4.39

Camp 3 3 3 59.1 27 4.55

Cecil 4 8 0 109.2 74 4.60

Morrow 9 10 0 148.2 172 4.78

Rauch 5 4 11 52.0 36 4.85

Lewis 0 0 0 3.2 2 4.91

Drabek 4 5 0 72.2 48 5.70

Not including last night's game

TENNIS

U.S. OPEN SHOW COURT SCHEDULES

TODAY

At The USTA Billie Jean King National Tennis Center

New York

All Times EDT

Play begins at 11 a.m.

Arthur Ashe Stadium

Gilles Muller, Luxembourg, vs. Rafael Nadal

(2), Spain

Novak Djokovic (1), Serbia, vs. Janko Tipsarevic (20), Serbia

Night Session (play begins at 7 p.m.)

Serena Williams (28), United States, vs. Anastasia Pavlyuchenkova (17), Russia

Roger Federer (3), Switzerland, vs. Jo-Wilfried Tsonga (11), France

Louis Armstrong Stadium

David Ferrer (5), Spain, vs. Andy Roddick (21), United States

Sam Stosur (9), Australia, vs. Vera Zvonareva (2), Russia

Not before 3 p.m.: Caroline Wozniacki (1), Denmark, vs. Andrea Petkovic (10), Germany

Grandstand

Donald Young, United States, vs. Andy Murray (4), Britain

John Isner (28), United States, vs. Gilles Simon (12), France

Angeliqe Kerber, Germany, vs. Flavia Pennetta (26), Italy

Sam Stosur (9), Australia, vs. Vera Zvonareva (2), Russia

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Grandstand

Donald Young, United States, vs. Andy Murray (4), Britain

Engine

Keeping the iQ on the go and hopefully out of trouble is a 1.3-litre four-cylinder engine that generates 94 horsepower and 89 pound-feet of torque.

That is minimal, but considering the car's modest 970-kilogram curb weight, it's likely all that's needed for most urban driving scenarios.



Seating and space

This so-called "micro subcompact" offers a unique seating arrangement, with the driver's chair positioned a few centimetres aft of the front passenger seat.

This arrangement allows for a reasonable legroom assigned to the spot behind the shotgun position, but barely any such space exists behind the driver. Full Monty seat deployment also results in a mere mail slot's worth of storage space, accessible through the rear hatch. But with the rear seat folded, stashing a couple of sets of golf clubs or full-size suitcases would not be out of the question.

How many airbags?

The iQ isn't particularly wide — nearly equal to the fortwo in this regard — but the offset front-seat layout should provide sufficient space to prevent elbow collisions.

It also features an amazing 11 airbags strategically located about the cabin. The list includes the first-ever rear-window airbag plus driver and front-passenger knee and seat-cushion airbags.



By comparison

Smart fortwo

Base price: \$15,000
Less practical two-seater lacks space and fuel efficiency in this class.

Mini Cooper

Base price: \$23,650
Easy on gas plus excellent road manners makes Mini a fun-to-drive pick.

Fiat 500

Base price: \$17,400
Cute econo-car newbie offers all-adult seating and Italian pedigree.

WHEELBASE MEDIA

Talk about a good catch: iQ with charm



MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

More than four decades ago, North Americans began a love affair with an inexpensive little two-door runabout that Toyota introduced to North America from its Japanese home-

land. The Corolla badge has so far been affixed to 40 million vehicles.

Certainly Toyota isn't expecting its Scion-branded iQ to be a case of history repeating, but if just a little of that ol' Corolla mojo rubs off on this tiniest of four-seaters, the automaker would definitely have an-

other hit on its hands. The iQ is an interesting piece of architecture. Toyota has managed to take a vehicle that's a scant three metres long (roughly 30 centimetres longer than a Smart fortwo) and create a rolling habitat for four people.

The previous statement, however, requires some

clarification. The person sitting directly behind the driver will either have to be very small, or sufficiently flexible to sit cross-legged for extended periods.

For all practical purposes, the iQ is essentially a three-person proposition,

but it still puts the Smart to shame. Young urban sin-

gles and multi-car families are the likely targets, but more car can be had for about the same money from other automakers with as good, or better fuel-efficiency stats.

But don't discount the iQ's certain indescribable charm factor. After all, it worked for the Corolla.

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metro

Last-gen Infiniti QX is comfy, thirsty, enormous

SECOND GEAR

 **JUSTIN PRITCHARD**
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The first generation of the QX56 was available to Canadian shoppers between 2004 and 2010 model years. A shot at machines like the Cadillac Escalade, it was effectively a rebadged and upscaled Nissan Pathfinder Armada with sophisticated looks and a very luxurious cabin.

Look for all the premium goodies, including hard-drive audio storage, radar cruise, puddle lights, navigation with voice command, Bluetooth, automatic everything, leather seating, wood trim and plenty more.

Seating was available for the driver and up to seven passengers.

2004 to 2010 Infiniti QX56



TORSTAR NEWS SERVICE

Engine



Starting from
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Offer valid on all 2006 – 2010
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What owners like



Comfort, handling, beauty, luxury, and style are highly rated by QX56 owners.

A combination of space, luxury-car amenities and capability are also noted as primary reasons for purchase.

What owners dislike



As with any SUV, gas mileage is almost unanimously rated poorly by QX owners. Other gripes include "boatish" driving dynamics, poorly-placed cupholders and a few cheaper-than-expected interior pieces.

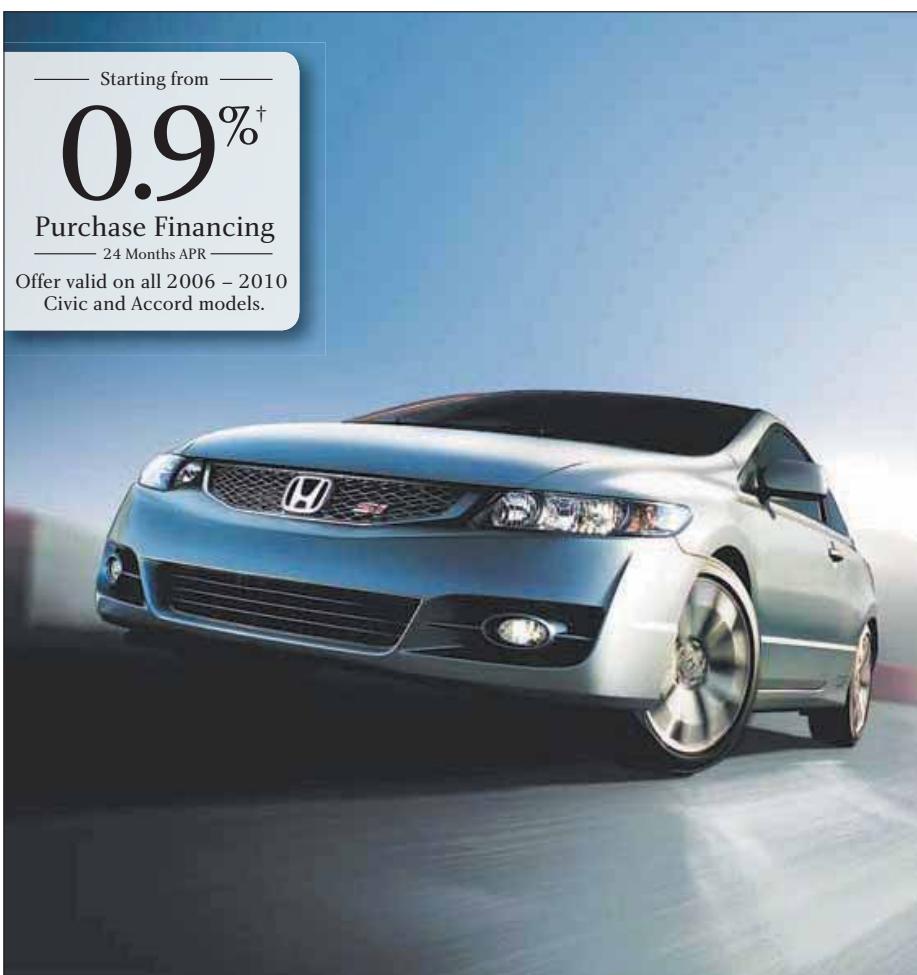
Common issues

On a test-drive, note any unwelcomed vibrations through the steering wheel, which may be caused by out-of-balance wheels, poor alignment or worn tires. Ensure all door locks work properly and triple check the trunk release latch and motorized tailgate for proper operation in both directions, if so equipped.

Hard shifting or engine performance issues could be caused by a faulty powertrain control module, not the drivetrain itself.

Verdict

Smaller and less-thirsty alternatives to the QX56 are available in the used market, should this enormous Infiniti's size and power prove overkill. Those set on a QX56 should opt for a model familiar to a selling Infiniti dealer.



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get a used car.
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get a Honda.

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2011 Dodge Grand Caravan Crew shown.⁵



36 MPG
HWY
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14 VEHICLES WITH 35 MPG HWY OR BETTER



RAM

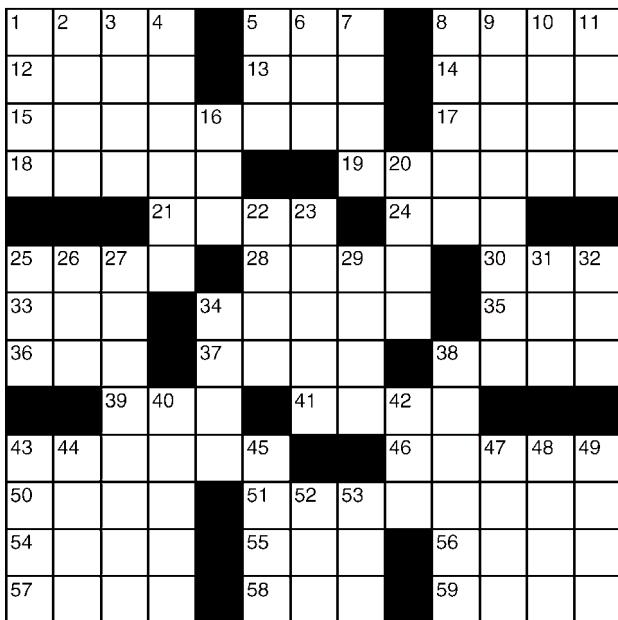
Crossword

Across

1 Use the oven
5 Mandible
8 Census stats
12 Former Fed head
Greenspan
13 Author Umberto
14 Crooner Jerry
15 Hood
17 "By the power
vested —..."
18 Perspiration
19 St. George's foe
21 Mentor
24 Bigger photo
(Abbr.)
25 Ginormous
28 Never again?
30 Mischief-maker
33 "Born in the —"
34 Musical endings
35 Water (Fr.)
36 Stiller or Stein
37 Supplements, with
"out"
38 Kermit, for one
39 Petrol
41 Line holder
43 Summon with a
shout
46 "Soon It's — Rain"
50 Hodgepodge
51 Ship boarders' pas-
sages
54 Midday
55 Brazilian tourist
mecca
56 Duel tool
57 Chromosome part
58 Shade source
59 Tat-tat lead-in

Down

1 Luggage
2 "There oughta be



—!" 25 Center 49 Whale-watching, maybe
3 Welles role 26 Work with 52 Have a bug
4 Intermesh 27 Bundle of nerves? 53 — de plume
5 Lustrous black 29 Instance
6 Expert 31 Chinese chairman
7 Information 32 Boxer
8 Bird-related 34 — la vie"
9 More like a string 38 Rose, e.g.
bean 40 Unaccompanied
10 Ticklish Muppet 42 Nest item
11 Witnessed 43 Reps. and Sens.
16 R-V connection 44 Lotion additive
20 "Cheers" actor 45 Shrek, for one
Roger 47 California wine
22 Castle valley
23 Hypnotized 48 Dmitri's denial

Sudoku

			9	7			8
9	8		2		5		
				4		7	
2	7	3	9		6		
	4				7		
6		5	7	8	1		
6			8				
3		1		9	6		
1		3	6				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

7	2	3	6	1	9	4	5	8
5	9	1	4	8	2	7	6	3
4	8	6	5	3	7	2	9	1
1	5	8	3	2	4	9	7	6
3	7	4	9	5	6	8	1	2
2	6	9	1	7	8	5	3	4
8	1	2	7	9	3	6	4	5
9	4	5	8	6	1	3	2	7
6	3	7	2	4	5	1	8	9



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Today's horoscope



For today's crossword answers
and for expanded horoscopes,
go to metronews.ca

♈ Aries March 21-April 20 The planets indicate that journeys will go well for you today. Get going.

♉ Taurus April 21-May 21 You know what needs to be done and you know how to do it. If you wait, you could miss your chance.

♊ Gemini May 22-June 21 Be impulsive today. Do something for no better reason than because it makes you feel good.

♋ Cancer June 22-July 22 Find ways to further your career interests while enjoying a great social life. Have your cake and eat it, too.

♌ Leo July 23-Aug. 23 If you think everyone is out to cheat you then, inevitably, you will attract that sort of person.

♍ Virgo Aug. 24-Sept. 22 The trend dominating your life is totally positive. Stop trying to change things that don't need changing.

♎ Libra Sept. 23-Oct. 23 A quick decision is not always the best decision, so take your time before making your next move.

♏ Scorpio Oct. 24-Nov. 22 Work with people who share your outlook on life. There's plenty.

♐ Sagittarius Nov. 23-Dec. 21 Someone you work with will make you an offer you can't refuse.

♑ Capricorn Dec. 22-Jan. 20 No one knows you as well as you know yourself, so listen to your subconscious — then act fast.

♒ Aquarius Jan. 21-Feb. 18 Cosmic activity in a sensitive area of your chart makes you acutely responsive to changes in your life.

♓ Pisces Feb. 19-March 20 Make sure loved ones take you seriously and make sure you take them seriously. ■ **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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